Pi-losophy 101

Life of Pi actor Suraj Sharma talks about the life-changing role that turned him into a philosopher PAGE 10

THE NAKED CHEF TO THE RESCUE

MEALS IN 15 MINUTES? JAMIE OLIVER CHEWS THE FAT ABOUT HIS LATEST BOOK OF RECIPES PAGE 13

SASKATOON metro®

Tuesday, November 20, 2012

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Saskatchewan on track to become Canada's economic growth leader

Potash industry driving Saskaboom.
Growth in western provinces good for Canada, premier says

MORGAN MODJESKI
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Saskatchewan could be replacing Alberta as Canada's leader in economic growth.

A recent outlook report from the Conference Board of Canada says both provinces are faring better than others in Canada. However, accelerated capital expenditures in Saskatchewan's potash industry have put the province "on track" to overtake Alberta in 2013 and 2014 as Canada's fastest-growing economy.

Premier Brad Wall said he feels Saskatchewan is ready to take the spot of Canada's leading economy.

"It's very positive news," said Wall. "Most of the forecasters in the country have pegged us at one or two for the next couple of years and this is the latest one — we just released our growth plan and this is the kind of the growth that we need to sustain."

Wall also said the fact both provinces are doing well is positive for Canada, adding the New West Partnership between Alberta, B.C. and Saskatchewan will play an important role in the country's growth.

Alberta Finance Minister Doug Horner agreed growth in the two provinces is a good thing.

"Right now, we're the economic drivers for a lot of the country," said Horner. "A lot of the jobs that are being created in Eastern Canada — as an example — are directly or indirectly related to the economic expansion of the West."

Alberta Premier Alison Redford also spoke of Canada's rise as an international energy power at the Halifax International Security Forum, saying Canada has a role to play in a potential shift of global power.

"We are energy-rich in an increasingly thirsty world," said Redford. "As producers, and not just consumers of energy here in North America, we can reassess the global balance of power and, I believe, tilt it in new and unexpected ways."

WITH FILES FROM THE CANADIAN PRESS

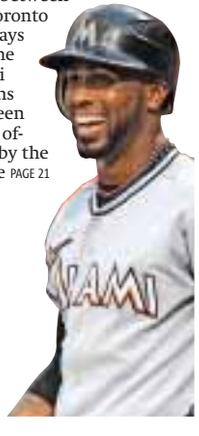
A recent outlook report from the Conference Board of Canada says Saskatchewan is on pace to overtake Alberta as Canada's leader in economic growth. Both Alberta Premier Alison Redford and Saskatchewan Premier Brad Wall say continued western growth is good for Canada. PHOTO MONTAGE/PHOTOS: THE CANADIAN PRESS

Agribition casts wider net

"We are not just cows," say the organizers of the largest agriculture show in Canada, expected to draw more than 800 international buyers from 70 countries PAGE 2

Signed, sealed and delivered

The blockbuster 12-player trade between the Toronto Blue Jays and the Miami Marlins has been made official by the league PAGE 21



NEWS 1

Agribition hoping to attract larger audience

And so much more.
Organizers trying to reach out to international buyers, locals not associated with agriculture

ALYSSA MCDONALD
Metro in Regina

Agribition may be the largest agriculture show in Canada, but organizers say it is much more than that.

"(People) still think we are all about cows and it's certainly a big component of what we are, but we are not just cows," said Marty Seymour, CEO of Canadian Western Agribition.

The six-day-long event features more than 500 exhibits, including shopping of all kinds, lots of food options (including bacon on a stick) and entertainment. Of course, there are still many agriculture events including livestock shows and auctions, a themed rodeo every night and industry events like the new Grain Expo.

Canadian Western Agribition brings people to Saskatchewan from all over Canada and the world. Organizers are expecting more than 800 international buyers from 70 countries to visit the event. They are hoping to beat last year's attendance of 126,000 people.

"It's exciting to be able to come to an event (like this) where we have people from 70 countries around the world who are willing to come here and take a look at Canadian agriculture products and then take them back to their countries," said David Anderson, MP for Cypress Hills-Grasslands, on Monday at the kickoff event and opening of the new commercial cattle barn.

Rodeo theme nights

- **Tuesday –** First Nations Night
- **Wednesday –** Roughriders Pride Night
- **Thursday –** Student Night
- **Friday –** Pats Night
- **Saturday –** Family Day

Students from grades 6 to 12 compete for 10 spots in the High School Rodeo on Monday. ALYSSA MCDONALD/METRO IN REGINA

The federal government invested almost $150,000 in an agri-marketing program to attract more foreign investments and attention to the event. The 42nd Canadian Western Agribition is taking place at Regina's Evraz Place and ends Saturday. Gate admission is $15 for adults, $5 for youth and free for under 12; rodeo tickets are extra.

Province moves to privatize land registry

Jeff Stusek, president and CEO of the Information Services Corporation, left, Saskatchewan Minister of Highways and Infrastructure Don McMorris and Saskatchewan Minister of Justice Gordon Wyant at a press conference on the future of the ISC, Monday, in Regina. JEFF MACKEY/METRO IN REGINA

The Saskatchewan government has introduced legislation to privatize the Crown corporation that handles land and personal property registries.

The province says it will sell 60 per cent of Information Services Corp., which was formed as a Crown in 2000.

Don McMorris, the minister responsible for ISC, said Monday that a sale is the best way for the company to grow beyond Saskatchewan.

"It has got a great product to put on display and hopefully sell throughout the world," McMorris said.

Of the 60 per cent of shares that will be for sale, five per cent can be bought by employees, 45 per cent by Saskatchewan citizens and 50 per cent by outside investors.

Transfer of services

Services handled by ISC now, such as vital statistics including births, marriages and deaths, will be transferred to the government.

No one person or group of investors will be allowed to buy more than 15 per cent of the shares sold.

The government said the shares are expected to raise between $90 and $120 million, which McMorris said will be used to build infrastructure, such as roads.

The legislation says the company's head office must stay in Saskatchewan.

The province will also keep 40 per cent of ISC, although that figure is not enshrined in the legislation.

McMorris said there is no immediate plan to change the amount.

"We don't have any designs any time soon, no. We want to see how the company runs and how successful this is into the future," he said.

THE CANADIAN PRESS

Union laws

Labour Minister Morgan's remarks disappoint group

The Saskatchewan Federation of Labour says it's disappointed with the way new labour rules have been released.

The federation's president, Larry Hubich, is questioning why Labour Minister Don Morgan would discuss details about new union laws with a business association that is anti-union.

Morgan announced plans to change specific labour laws while speaking at the North Saskatoon Business Association luncheon on Friday.

The government plans to overhaul 15 separate pieces of workplace-related legislation into one omnibus labour law.

Morgan suggested one change would strip unions of the ability to fine members who violate codes of conduct, such as crossing picket lines.

The legislation is expected to be introduced this fall and it would be passed in the spring.

THE CANADIAN PRESS

Young suspects

Car thieves barely able to reach the pedals, police say

Saskatoon police say they were surprised when they opened the door of a stolen SUV and found two young thieves inside.

The driver was so small he could barely reach the foot pedals or see over the dashboard.

Officers took the boys into custody and discovered they were only 11 and 13.

The 11-year-old was released to a guardian because he is too young to face criminal charges.

The older boy has been charged with theft of a motor vehicle and failing to have a licence.

THE CANADIAN PRESS

Council news

City mulling user pay system for snow dumping

Looking to recoup some of the $300,000 a year spent maintaining snow-dump sites, Saskatoon's executive council decided yesterday that the city will be implementing a user-pay system for the 2013-14 winter season.

Yet to be determined is how a user-pay system will operate. City administration presented both a permit-based model or a ticket-per-dump option, but will be consulting with industry and users before making the final decision. METRO

Court case

Firefighters' trial begins for assault, obstruction charges

The trial of three firefighters facing charges of assaulting and obstructing members of the Saskatoon Police Service started on Monday morning.

The CBC reported that two men were allegedly seen fighting on the Broadway Bridge on the morning of Aug. 12, and when police officers tried to intervene, a third man got involved.

Clifford Hamilton, Jeff Tysdal and Keith Walliser are with the Saskatoon Fire and Protective Service. All three were off-duty at the time of the incident. They're suspended with pay. METRO

Investigation

Police on hunt for person who killed five cows

Police in southeastern Saskatchewan are looking for the culprit who shot and killed five cows and injured a sixth.

RCMP say a farmer contacted the rural Yorkton detachment on Sunday. The farmer discovered the animals near Saltcoats, a community of about 500 near the Manitoba border.

The loss to the owner is estimated at about $10,000.

Police have launched an investigation with the help of a forensics unit, police dogs, rural and provincial officials and local veterinarians. METRO

Broadway Theatre gets big and shiny: Benefit highlights iconic '90s album

The decade that won't die.
'90s-themed evening raising money for historic theatre

JANE CAULFIELD
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It may not make many lists of the greatest albums of all time, but Big Shiny Tunes 2 has a special place in the hearts of many generation Yers.

And with a Nov. 27 fundraising benefit and membership drive featuring local bands covering the album track-by-track, the Broadway Theatre is looking to capture that love.

"Just in the same way Big Shiny Tunes 2 was a compilation creating a perfect storm, the timing for this for the Broadway Theatre is a perfect storm," said Heather Morrison, concert organizer and Broadway Theatre board member.

A celebration of the 1990s, the event features performances from a range of local creative talent. People can expect spoken-word poets, actors performing scenes from favourite '90s TV shows and performances from bands such as The Classy Chassys and 911 Turbo.

Reliving the '90s

- Concertgoers are encouraged to come dressed in their best '90s-style outfits and participate in activities throughout the night.
- "There's just going to be a ton of surprises," said Heather Morrison, concert organizer and Broadway Theatre board member. "We're even going to raffle off the opportunity to act in the final ('90s TV show) scene."

"The bands that have come on board are really excited. The enthusiasm has just been amazing," Morrison said.

The Broadway Theatre is a not-for-profit community-owned and -operated organization relying primarily on membership fees and public donations.

"One of the things we are trying to do is raise awareness and membership among a younger crowd," Morrison said. "The Broadway Theatre is one of only a few community-owned theatres in the country … and that's pretty cool."

Tickets are free for members. Non-members can buy a ticket for $20 at the Broadway Theatre. The doors open at 7 p.m.

The historic Broadway Theatre (715 Broadway Ave.) is a community-owned and -operated centre that showcases independent films and musical and artistic performances. On Nov. 27, the theatre will be sent back to the 1990s with a benefit featuring local talent performing the entire Big Shiny Tunes 2 album, track by track. FLICKR/SEVENTWENTYSK

Drug-impaired drivers the focus of safe-driving campaign

The Canadian Safety Council lists marijuana as a frequent cause of impairment for Canadian drivers. FLICKR/CAGRIMMETT

With the launch of National Safe Driving Week, which promotes sober driving across Canada throughout the holiday season, the Canadian Safety Council (CSC) is zeroing in on drug-impaired drivers, an issue it says is on the rise in Canada.

The CSC cites data from the Canadian Centre for Substance Abuse that suggests the number of drivers across the country who tested positive for drugs jumped to 36.7 per cent from 29.7 per cent between 2000 and 2008.

"Unfortunately, people are more afraid of being caught than being killed," Jack Smith, the CSC president, said in a press release.

"They don't think it's going to happen to them until it happens."

In Saskatchewan, the number of drivers province-wide who tested positive for drugs in 2008 is below the national average, at 34.7 per cent, but the CSC says this number is still too high.

JANE CAULFIELD/METRO

Provincewide initiative

Spotlight on addictions awareness

Echoing the National Safe Driving Week campaign, the province on Monday launched Addictions Awareness Week.

Kathy Willerth, director of mental health and addictions for the ministry of health, said the week is about connecting people with addictions resources in Saskatchewan.

"This is really a chance to bring together community partners," she said.

"This is a great opportunity for people to learn that there are services available to help with drug use and misuse." JANE CAULFIELD/METRO

Denied: No Nativity scene, judge rules

'The atheists won.'
Santa Monica city decision to ban all displays upheld as Christian group sues over freedom of speech

A federal judge on Monday denied a Christian group's bid for a preliminary injunction to force suburban Santa Monica to reopen spaces in a city park to private displays, including Christmas nativity scenes.

U.S. District Court Judge Audrey Collins formalized an earlier tentative ruling.

William Becker, the attorney for the Christian group, said he will appeal.

"The atheists won and they will always win unless we get courts to understand how the game is played and this is a game that was played very successfully and they knew it," Becker said after the hearing.

Christmas nativity scenes had been erected in Palisades Park for decades. Last year, atheists overwhelmed the city's auction process for display sites, winning most of the slots and triggering a bitter dispute.

Top: In this photo from last year's Christmas season, a woman walks past traditional displays showing the Nativity in Santa Monica, Calif. Bottom: A display set up by avowed atheist Damon Vix in Palisades Park picturing Poseidon, Jesus, Santa Claus and the devil. TOP: THE ASSOCIATED PRESS FILE, BOTTOM: SCOTT HEAD/THE ASSOCIATED PRESS

City officials snuffed the city's tradition this year rather than play referee, prompting churches to sue over freedom of speech claims.

"It's a sad, sad commentary on the attitudes of the day that a nearly 60-year-old Christmas tradition is now having to hunt for a home," Hunter Jameson, head of the non-profit Santa Monica Nativity Scene Committee, said in advance of the hearing.

The atheists were not parties to the legal case. Their role outside court highlights a tactical shift as atheists evolve into a vocal minority eager to get their non-beliefs into the public square as never before.

In the past, atheists primarily fought to uphold the separation of church and state through the courts.

"If they want to hold an opposing viewpoint about the celebration of Christmas, they're free to do that — but they can't interfere with our right to engage in religious speech in a traditional public forum," said attorney Becker. THE ASSOCIATED PRESS

Sounds like a holiday flick

"Our goal is to preserve the tradition in Santa Monica and to keep Christmas alive."

William Becker, attorney for the Christian group fighting to keep nativity scenes in Santa Monica, nicknamed the City of the Christmas Story.

Science. Chimps may get midlife crises too, researchers conclude

A study released on Monday finds the same pattern of changes in happiness through life as many studies find in people. The results suggest there is more to the mid-life crisis than the hassles of modern life. THE ASSOCIATED PRESS FILE

Chimpanzees in a midlife crisis? It sounds like a setup for a joke.

But there it is, in the title of a report published Monday in a scientific journal: Evidence for a midlife crisis in great apes.

So what do these apes do? Buy Ferraris? Leave their mates for some cute young bonobos?

Uh, no.

"I believe no ape has ever purchased a sports car," said Andrew Oswald, an author of the study. But researchers report that captive chimps and orangutans do show the same low ebb in emotional well-being at midlife that some studies find in people.

That suggests the human tendency toward midlife discontent may have been passed on through evolution, rather than resulting just from the hassles of modern life, said Oswald, a professor of economics who presented his work Monday.

Yes, apes do have social lives, so "it could still be something human-like that we share with our social cousins," he said. "But our result does seem to push away the likelihood that it's dominantly something to do with human life." THE ASSOCIATED PRESS

The happiness curve

Several studies have concluded that happiness in humans tends to follow a certain course between 20 and 70.

- It starts high, declines to reach a low point in the late 40s, then turns around and rises to another peak at 70. On a graph, that's a U-shaped pattern.
- Some researchers question whether that trend is real, but to Oswald the mystery is what causes it.
- "This is one of the great patterns of human life. We're all going to slide along this U for good or ill," he said. "So what explains it?"

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Shhh. Canadian Army tries to nab more troops for illegal drug use

National Defence quietly examined the idea of designating more positions within the military as "safety sensitive" in order to catch and punish soldiers for illegal drug use.

Internal documents show the Canadian Army was particularly concerned. Over four-year period, commanders in charge of troops in Canada's central and western regions lobbied separately to draw up expanded lists of jobs that would be subject to the enhanced screening.

A spokeswoman for National Defence says the director of military career administration has not made any changes, and the drug-screening program has not been expanded but is subject to continuing review.

Concern about possible drug use among troops over the last few years extended to the top, where the chief of defence staff, now-retired general Walt Natynczyk, "stated that he is receptive to requests to designate other positions or occupations as safety sensitive," said a Nov. 2011, briefing note, obtained by The Canadian Press under the Access to Information Act.

The Forces considered expanding the number of jobs subject to enhanced drug screening in 2007, but was halted because it couldn't justify the invasion of privacy.

The military administer blind drug testing on a regular basis, but the system results in no disciplinary action if the results come back positive. THE CANADIAN PRESS

Transatlantic flight

Shaken, but safe

An airliner flying from Havana to Milan abruptly plunged some 1,000 metres when it hit unusually strong turbulence over the Atlantic on Monday, terrifying passengers and leaving some 30 people aboard with bruises and scrapes, airline officials said.

The flight continued to Milan's Malpensa airport after the plane's captain determined that it suffered no structural damage and two passengers who are physicians found no serious injuries, Giulio Buzzi, head of the pilots division at Neos Air, told Sky TG24 TV.

The ANSA news agency quoted bruised passenger Edoardo De Lucchi as saying meals were being served when suddenly there was "10 seconds of terror." THE ASSOCIATED PRESS

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Alberta premier's sister expensed public for Tory party events: Docs

Lynn Redford. Wildrose party leader Danielle Smith calls for bigger investigation into executives with Alberta's health superboard

Documents show the sister of Alberta Premier Alison Redford used her position as a health board executive to attend and hold Progressive Conservative party events on the taxpayers' dime.

There was money for liquor, travel, hotels, flowers and bug repellent.

Wildrose party Leader Danielle Smith, while releasing the documents Monday, said a bigger investigation is needed since Lynn Redford and those who signed off on those expenses remain executives with Alberta's health superboard.

"We've got the same people in positions today who exercised this lack of judgment, and they need to be called to account," Smith told a news conference at the legislature.

Smith said the case bridges the two scandals of health officials abusing their expense accounts — such as former Edmonton health region chief financial officer Allaudin Merali — with public institutions delivering government grant and operating money to the PC party.

"This connects with the broader story of repeated instances of illegal activity in giving donations to a partisan political party from taxpayer dollars," said Smith.

THE CANADIAN PRESS

Alberta Premier Alison Redford speaks to reporters at the Alberta Progressive Conservative convention in Calgary on Nov. 10. BILL GRAVELAND/ THE CANADIAN PRESS

Old news?

Premier Redford, appearing on CTV's political program Power Play, pointed out that the accusations go back to a time when Ralph Klein was premier and she wasn't even an elected MLA yet.

- **Clarification to come.** She suggested the criticism consists of a few "excited allegations" that will be clarified in the next few days.
- **Stand by your sister.** "I have confidence in my sister," she said.
- **FOI.** The Wildrose party obtained the documents under freedom of information rules. The papers pertain to Lynn Redford's spending while she was government relations adviser to the now-defunct Calgary Health Region from 2005 to 2008.

Manitoba

Seven survivors of plane crash in stable condition

Seven survivors of a fatal plane crash in northwestern Manitoba were in stable condition in several different hospitals on Monday.

Health officials said the men, who work for Dumas Mine Contracting, were being treated for non-life-threatening injuries in hospitals in The Pas, Thompson, Flin Flon and Winnipeg.

The pilot of the Cessna 208 aircraft was killed when the plane crashed Sunday just a few kilometres from the airstrip near the town of Snow Lake.

The RCMP have not released any names.

"A Cessna 208B, operated by Gogal Air Services Ltd., departed Snow Lake and crashed shortly after departure," Transport Canada said in a preliminary report. THE CANADIAN PRESS

Plea to ban generic form of OxyContin rejected

Politics. The federal government will not ban the addictive painkiller, says provinces can control abuse

The federal government has rejected provincial pleas to delay or deny approval of the generic form of OxyContin, a highly addictive painkiller that has been widely abused in many small towns and remote First Nations reserves.

Instead, Health Minister Leona Aglukkaq says Ottawa will tighten licensing rules so that distributors of oxycodone have to keep better track of where the drug goes. They will now need to report spikes in sales and changes in distribution patterns, in addition to previous responsibilities to report losses and theft.

Aglukkaq is also telling the provinces to use their own power over doctors and pharmacists to crack down on wayward prescriptions.

"Banning a generic version of one drug would do little to solve the actual problem," Aglukkaq said in a letter to provincial and territorial health ministers. "There are almost 100 authorized drugs in Canada that are in the very same class of drugs as OxyContin.

"Banning all these drugs because they have the potential to be addictive would help dry up the drug supply for addicts, but would lead to pain and suffering for patients who desperately need them."

Ontario Health Minister Deb Matthews has led a public campaign to pressure Ottawa to reject approval of generic oxycodone, saying failure to ban the drug would lead to a flood of the narcotic and a corresponding surge in addiction.

The generic version is set to win federal approval on Nov. 25, the day the patent expires on Purdue Pharma's OxyContin.

But the federal government has pushed back, saying a ban on the knock-off drug is too simplistic a response to a complex problem of prescription-drug abuse. Ottawa says it does not want to politicize a bureaucratic process that must automatically approve a drug if it is an exact copy of another brand-name drug that has already been approved.

"I do not believe that politicians should pick and choose which drugs get approved," the minister wrote. "While intentions may be noble in this circumstance, what stops future politicians from caving into public pressure and allowing unproven, unsafe drugs on the market once political pressure starts to mount?"

Aglukkaq also admonished provincial politicians for pumping up the benefits of OxyNeo — Purdue's new brand-name form of oxycodone that some believe is harder for addicts to abuse because it is not as easily crushed or injected.

THE CANADIAN PRESS

Quoted

"Banning a generic version of one drug would do little to solve the actual problem."

Health Minister Leona Aglukkaq
Pointing out there are "almost 100 authorized drugs" in the same class as OxyContin.

Prescription pills containing oxycodone and acetaminophen are shown in this June 2012 photo. GRAEME ROY/THE CANADIAN PRESS FILE

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Religious festival

At least 14 dead, several injured after Indian stampede

At least 14 people were killed, including at least six children, in a stampede Monday night during a religious festival in the eastern state of Bihar, police said.

The stampede occurred as hundreds of Hindu worshippers gathered along the bank of the Ganges River in Patna to offer prayers to the sun god during the Chhath festival, according to police Superintendent Jayant Kant.

A power outage sparked panic as crowds filled a walkway leading from the riverbank into the Ganges, and people trampled one another as they fought to get to shore. THE ASSOCIATED PRESS

Abortion laws

Irish form panel to investigate woman's death

Ireland formed an expert panel Monday to investigate why an Indian woman died in an Irish hospital — and whether her life might have been saved had she received an abortion.

The case of Savita Halappanavar has focused worldwide attention on Ireland's two-decade failure to define when abortions can be performed legally to save the life of a woman.

The 31-year-old dentist died Oct. 28. Her widower says they asked for an abortion for three days to ease her pain but were refused because the fetus still had a heartbeat. THE ASSOCIATED PRESS

Vote of confidence

EU endorses new Syrian coalition

The newly formed Syrian opposition coalition received backing from the European Union on Monday in a significant vote of confidence for a movement struggling to prove its credibility and gain the trust of splintered factions.

The endorsement of the coalition as a legitimate voice for Syria's people represents a major step forward in the West's acceptance of the group, even as fast-moving events and fluid alliances are casting doubts on the direction of the rebellion.

"The EU considers them legitimate representatives of the aspirations of the Syrian people," the bloc's 27 ministers said. THE ASSOCIATED PRESS

Palestinian casualties continue to rise from Israeli missile strikes

Gaza strife. Hamas and Israel presenting ceasefire conditions to Egypt as diplomats worldwide join in to help broker peace

Israeli aircraft struck crowded areas in the Gaza Strip and killed a senior militant with a missile strike on a media centre Monday, driving up the Palestinian death toll to at least 100, as Israel broadened its targets in the six-day-old offensive meant to quell Hamas rocket fire on Israel.

Escalating its bombing campaign over the weekend, Israel began attacking homes of activists in Hamas, the Islamic militant group that rules Gaza. These attacks have led to a sharp spike in civilian casualties, killing 24 civilians in just under two days and doubling the number of civilians killed in the conflict, a Gaza health official said.

The rising toll came as Egyptian-led efforts to mediate a cease-fire between Israel and Hamas got into gear.

While Israel and Hamas were far apart in their demands, both sides said they were open to a diplomatic solution — and prepared for further escalation if that failed.

Casualties

- **Palestinians.** Overall, the offensive that began Wednesday killed at least 100 Palestinians, including 53 civilians, and wounded some 840 people, including 225 children, a Gaza heath official said.
- **Israelis.** On the Israeli side, three civilians have died from Palestinian rocket fire, and dozens have been wounded.

The leader of Hamas took a tough stance, rejecting Israel's demands that the militant group stop its rocket fire. Instead, Khaled Mashaal said Israel must meet Hamas' demands for a lifting of the blockade of Gaza.

"We don't accept Israeli conditions because it is the aggressor," he told reporters in Egypt. "We want a ceasefire along with meeting our demands."

An Israeli official said Israel doesn't want a "quick fix" that will result in renewed fighting months down the road. Instead, they want "international guarantees" that Hamas will not rearm or use Egypt's neighbouring Sinai peninsula for militant activity.

THE ASSOCIATED PRESS

Palestinians carry an injured man after an Israeli strike on a building in Gaza City, Monday. It was the Israeli military's second strike on the building in two days. The Palestinian militant group Islamic Jihad says another Israeli strike on a Gaza media centre killed one of its top militant leaders. BERNAT ARMANGUE/THE ASSOCIATED PRESS

Modern warfare

Israeli tech experts fending off hackers

A concerted effort of millions of attempts to cripple Israeli websites during the Gaza conflict has failed, Israel's finance minister said Monday, claiming that the only site that was successfully hacked was back up within minutes.

Cyber-security experts said that such hacking attempts have become a new aspect of modern-day warfare and states have to invest in fortifying their virtual defences on a battleground with vague terrain.

Israel regularly fights off hundreds of hacking attempts every day, but nothing on the scale of the recent torrent of attacks.

The online group Anonymous and other protesters have barraged Israel with more than 60 million hacking attempts, according to the finance minister, Yuval Steinitz.

THE ASSOCIATED PRESS

FBI declassifies docs about Stalin's daughter

Soviet dictator Josef Stalin with his daughter Svetlana Alliluyeva. Newly declassified files show the FBI was gathering details from informants on how Alliluyeva's arrival in the United States was affecting international relations after her high-profile defection in 1967. COURTESY ICARUS FILMS/THE ASSOCIATED PRESS

Newly declassified documents show the FBI kept close tabs on Soviet dictator Josef Stalin's only daughter after her high-profile defection to the United States in 1967, gathering details from informants about how her arrival was affecting international relations.

The documents were released Monday to The Associated Press under the Freedom of Information Act following Lana Peters' death last year at age 85 in a Wisconsin nursing home. Her defection during the Cold War embarrassed the ruling communists and made her a bestselling author. Her move was also a public relations coup for the U.S.

When she defected, Peters was known as Svetlana Alliluyeva, but she went by Lana Peters following her 1970 marriage to William Wesley Peters, an apprentice of Frank Lloyd Wright. Peters said her defection was partly motivated by the Soviet authorities' poor treatment of her late husband, Brijesh Singh, a prominent figure in the Indian Communist Party.

George Kennan, a key figure in the Cold War and a former U.S. ambassador to the Soviet Union and Yugoslavia, advised the FBI that he and Alliluyeva were concerned Soviet agents would try to contact her, a December 1967 memo reveals. The memo notes that no security arrangements were made for Peters, and no other documents in the file indicate that the KGB ever tracked her down.

Many of the 233 pages released were heavily redacted, with the FBI citing concerns related to foreign policy, revealing confidential sources and releasing medical or other information. THE ASSOCIATED PRESS

Hoover

In one exchange, a person whose name was redacted wrote to then-FBI Director J. Edgar Hoover, asking that he forward a letter on to "Joe Stalin's daughter."

- **Response.** The file contains Hoover's terse, three-sentence response denying his request, saying the FBI does not forward mail. "I trust you will understand," he wrote.

Camping for Black Friday bargains

Denise Smith-Lad, left, asks her grandson Jordan Smith, 6, what he would like to eat as they camp in front of a Best Buy store in Cockrell Hill, Texas, on Monday. Smith and her family have come early to line up all week for the shopping deals available on Black Friday, the day after U.S. Thanksgiving.

LM OTERO/THE ASSOCIATED PRESS

CRTC. BCE files new proposal to buy Astral

BCE Inc. expects that its new proposal to buy Astral Media will address the federal regulator's concern about the telecom giant dominating the television market.

Bell's chief regulatory officer Mirko Bibic wouldn't comment Monday on the possible sale of any radio or TV assets owned by Montreal's Astral to make the deal work. But Bibic said the new $3.38-billion proposal to buy Astral will address the CRTC's concern about market dominance.

"The proposal that we filed today will address the issue of viewing shares from the CRTC's perspective," Bibic said. "It's putting a package together that addresses the mechanical, numerical threshold the way the CRTC calculates it."

The CRTC killed the deal last month, saying it wasn't in the best interests of Canadians and would have resulted in an unprecedented level of concentration in the Canadian marketplace. The CRTC said if the multibillion-dollar deal had gone ahead, Bell would have controlled almost 45 per cent of the English TV viewership and almost 35 per cent of the French-language market.

THE CANADIAN PRESS

BCE president and CEO George Cope is shown in this file photo. The company has put together a new proposal to buy Astral Media, after the CRTC turned down its last pitch. THE CANADIAN PRESS FILE

Mortgage rules hit new buyers too hard, brokers tell Ottawa

Federal Finance Minister Jim Flaherty speaks in Fredericton last week. He has said that tighter mortgage rules reduce the risk of buyers taking on too much debt.

ANDREW VAUGHAN/THE CANADIAN PRESS

Housing market.

Policy-induced downturn is affecting economy as a whole, association says

Canada's mortgage brokers say recent changes to federal rules have taken too big a bite out of an already cooling housing market and they suggest policy-makers should address the needs of their industry.

The Canadian Association of Accredited Mortgage Professionals says a survey of 2,000 consumers in October, conducted on CAAMP's behalf, suggests that first-time buyers have been hard hit by the tighter mortgage rules.

"We worry that this is having a dampening effect on what was an already cooling market and we hope policy-makers will give some thought to addressing the needs of this key sector of the market," association president and CEO Jim Murphy said in a statement.

CAAMP chief economist Will Dunning said the smaller number of first-time buyers has already affected the resale market.

"The housing-resale numbers behave like a canary in the mine for us," Dunning said. "My concern is that a policy-induced housing market downturn creates unnecessary risk that directly affects not just housing, but job creation and the economy as a whole."

Finance Minister Jim Flaherty has said the new rules were intended to deal with overpriced real-estate in certain cities and certain types of housing. He has said the tighter mortgage rules reduce the risk of buyers taking on too much debt.

Bank of Canada governor Mark Carney has also warned that Canadian personal debt levels have reached record high levels, posing a risk to the economy if consumers can't afford to carry their debt once interest rates rise.

CAAMP is the national organization representing Canada's mortgage industry. With over 12,250 mortgage professionals representing over 1,700 companies.

Flaherty has reduced the maximum amortization for Canadian mortgages several times in recent years. Most recently, the maximum was cut from 30 years to 25.

THE CANADIAN PRESS

Impact of mortgage rules

- The semi-annual report from the Canadian Association of Accredited Mortgage Professionals found that about 17 per cent of high-ratio mortgages funded in 2010 cannot be funded today, including 11 per cent of prospective high-ratio homebuyers who can't qualify under the new 25-year amortization rule.

5.5 million works

Google inks European-music licensing deal

Google Inc. has reached a licensing agreement with representatives of European music publishers, artists and composers in which the U.S. online giant and its customers will gain access to 5.5 million musical works across 35 countries from artists including Lady Gaga and Rihanna.

The accord with Armonia, the alliance of French, Italian and Spanish licensing groups, is billed as the broadest of its kind.

Catherine Kerr-Vignale of France' SACEM, an artists' rights association, said Google's rivals, such as Amazon and Apple's iTunes, have country-by-country licensing agreements. THE ASSOCIATED PRESS

Hostess bankruptcy

Twinkies haven't struck out just yet

Twinkies will live to see another day. Hostess Brands Inc. and its second-largest union agreed on Monday to try to resolve their differences after a bankruptcy court judge noted that the parties hadn't gone through the critical step of private mediation.

That means the maker of the spongy cake with the mysterious cream filling won't go out of business yet.

The news comes after the Texas-based maker of Ho Ho's, Ding Dongs and Wonder Bread last week moved to liquidate and sell off its assets in bankruptcy court. Hostess cited a crippling strike started on Nov. 9 by the Bakery, Confectionery, Tobacco Workers and Grain Millers International Union.

Meanwhile, Canadian snack cake maker Saputo Inc. hopes that U.S. fans of Twinkies, Ding Dongs and Ho Ho's will get their fix by switching to Jos. Louis and May West. Saputo Inc. has been making a sales push for its Vachon snack cakes into the Eastern U.S. for the past year. THE ASSOCIATED PRESS

Two-week hearing

As it seeks licence renewals, CBC wants flexibility

The CBC is asking the federal broadcast regulator for more flexibility as it grapples with the new digital universe.

The strict regulatory shackles of the past don't work in today's fast-moving environment, CBC president Hubert Lacroix told a Canadian Radio-television and Telecommunications Commission hearing Monday. For instance, young people are shunning television sets for computers, a shift that has prompted the CBC to move children's programming online.

The broadcaster is seeking five-year licence renewals for its television and radio services.

THE CANADIAN PRESS

Market Minute

DOLLAR 100.34¢ (+0.44¢)

TSX 12,040.40 (+162.68)

OIL $89.28 US (+$2.36)

GOLD $1,734.40 US (+$19.70)

Natural gas: $3.73 US (-7¢)
Dow Jones: 12,795.96 (+207.65)

VIGILANTISM AND JERK-SHAMING ON THE WEB

SHE SAYS...
Jessica Napier
metronews.ca

One of the best things about the Internet is also one of the worst: anonymity. Sadly, much of the web has become a place for inconspicuous individuals to hurl racist/homophobic/misogynistic statements into the ether without any regard for what the consequences might be once they step away from the keyboard.

But as younger generations care less and less about privacy, the barriers between real-life identities and our online selves are eroding and it's becoming harder to hide behind the veil of assumed anonymity. As a result, waves of new digital vigilantes are working to expose online trolls and make them accountable for their vitriol-spewing.

What not to say online

Internet users have re-appropriated the word faggot as a casual insult and use it with thoughtless abandon.

Earlier this month, a Canadian man created a You Hate Faggots Tumblr page in response to the proliferation of homophobic language on the web. "The hatred is rampant and in most cases the people don't even know what they're doing or saying is wrong," he says. "Faggot as a pejorative has become about as common as 'your mama' jokes." Internet users have re-appropriated the word faggot as a casual insult and use it with thoughtless abandon.

The creator behind You Hate Faggots publishes ignorant tweeters' names and photos alongside his own snarky commentary to highlight the decontextualization of the word. "By using parody to illustrate the wrongness in using the term incorrectly, I want to show that there is a relationship between faggot and gay, whether the user understands it or not," he says.

South of the border, the writers at Jezebel took web justice into their own hands by broadcasting a list of teenage Twitter users' contact information and hometowns alongside their racist rants regarding the presidential election. Taking the crusade one step further, the blog then outed the opinionated high school students to their principals and administrators.

Some criticized Jezebel's actions as a form of cyber-bullying (these were minors after all) while others praised the blog for making young people understand that online bigotry, however offhanded it might be, can have tangible repercussions.

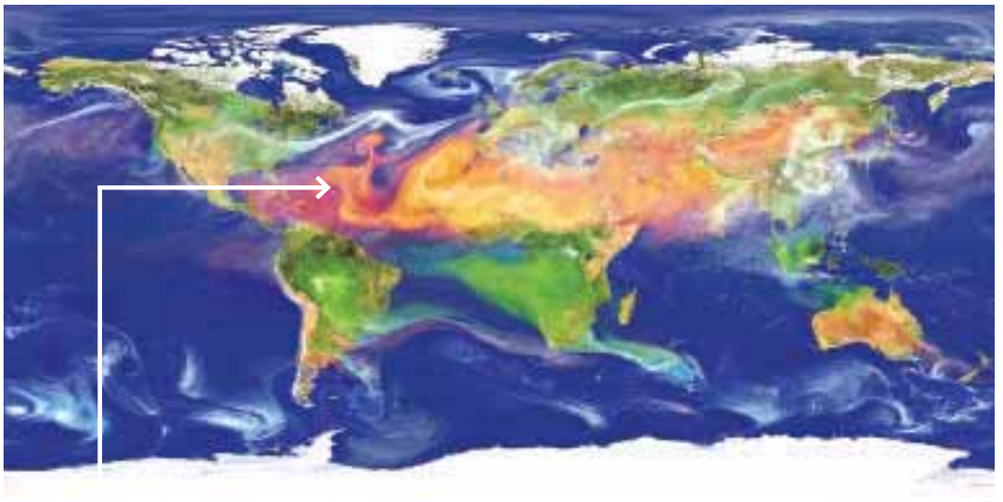
For the creator of You Hate Faggots, naming and shaming prejudiced Internet users isn't about ruining lives, but exposing the issues. "The intentions are not to troll," he says, "the objective has always been to create awareness."

Call it what you will — the naive indiscretions of youth or deep-seated intolerance — but if you are old enough to own a cellphone and arrogant enough to share hateful opinions from an account boasting your real identity, I'm not going to feel too sorry for you if it comes back to haunt you when you start applying for colleges or begin looking for a job.

Follow Jessica Napier on Twitter @MetroSheSays

Sites such as You Hate Faggots and Jezebel publicly shame homophobes and racists. METRO

Something is in the air



WILLIAM PUTMAN/NASA/GODDARD

Earth photography

Earth's swirling gases revealed

This astonishing image from a NASA supercomputer highlights the presence of aerosols in the Earth's atmosphere.

The Goddard Earth Observing System Model version 5 (GEOS-5) can show worldwide weather at up to 3.5-kilometre resolution (pictured: 10-kilometre) as part of climate-science research.

The image processing takes place in Greenbelt, Md., at the NASA Center for Climate Simulation at Goddard Space Flight Center.

METRO

Element guide

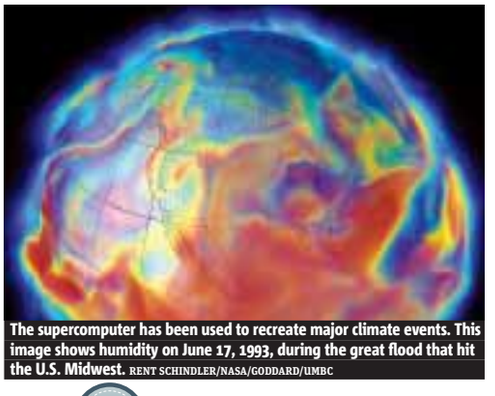
The aerosol patterns by colour:

- **Red.** Dust that has risen from the Earth's surface.
- **Blue.** Sea-salt swirls seen inside cyclones.
- **Green.** Smoke rising from fires.
- **White.** Sulphate particles from volcanoes and fossil-fuel emissions.
- **Website:** For the latest on NASA's many endeavours, visit nasa.gov.

How an image is created

Facts on the supercomputer that generated the image:

- **Supercomputer's superpower.** The Discover supercomputer is located at NASA's Center for Climate Simulation. It totals nearly 15,000 processors with a peak performance of nearly 160 trillion operations per second. That's 900 times the speed of the standard Intel Core processor in your PC.
- **Time-scale projections.** Discover-hosted simulations span time scales from days to seasons and years to decades and centuries.
- **Weather year predicted.** NASA scientists hope the imaging techniques will allow them to project weather and climatological forecasts well into the future — as far as the year 2100.

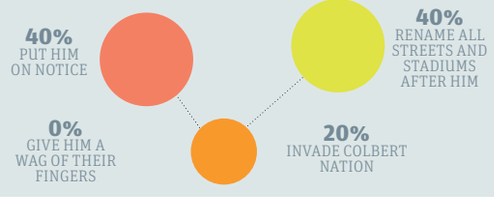


The supercomputer has been used to recreate major climate events. This image shows humidity on June 17, 1993, during the great flood that hit the U.S. Midwest. RENT SCHINDLER/NASA/GODDARD/UMBC

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

How should Windsor, Ont., (and Winnipeg) respond to Stephen Colbert's "Earth's rectum" remarks?



Twitter

@smilingsandra: Christmas is the best time of year. How can you not love all the decorations? Don't ruin it for those who like it.

@TheOtherHilary: Really, I can't fathom the levels of selfishness and entitlement that would lead you to shut down Circle Drive in the AM

@TyWeiland: It seems like it doesn't matter when the alarm is set for, it always ends up being right in the middle of an awesome dream. #moviesinmyhead

@SeanShaw: Holy crap! $94.3 million required over next 30 years to construct 3 permanent snow storage facilities across #yxe

@dsmyxe: Why do Canadian stores have "Black Friday" promotions? It's just another Friday in #yxe.

metro

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DVD review

The Expendables 2

Director. Simon West

Stars. Sylvester Stallone, Liam Hemsworth, Randy Couture

●●●○○

Stallone's Expendables have all reached the age where they're as likely to reach for the Botox as for the testosterone supplements, and they're not trying very hard to hide it. Especially since the success of their first film proved the enduring popularity of action heroes in their 50s and 60s, all the more so when you cram so much muscle into a single movie. The pumped-up pack has a couple of noteworthy additions (Jean-Claude Van Damme and Chuck Norris) and subtractions (Mickey Rourke and Steve Austin), plus enlarged cameos (Arnold Schwarzenegger and Bruce Willis) and returning mainstays (Stallone, Jason Statham, Dolph Lundgren, Jet Li, Terry Crews and Randy Couture). There's also the obligatory tough girl, the code-breaking and neck-snapping hottie Maggie (Yu Nan). The plot can be summed up in Barney's answer to his slicing sidekick Lee Christmas (Statham), when he's asked, "What's the plan?" Barney snarls: "Track 'em. Find 'em. Kill 'em." At no point does anybody take any of this seriously, even when the inevitable showdown occurs between Stallone and Van Damme.

PETER HOWELL

Celebration Day

Director. Dick Carruthers

Stars. Led Zeppelin

●●●○○

Was the Dec. 10, 2007 reunion show by Led Zeppelin at London's O2 Arena as good as claimed by the lucky 18,000 fans who scored tickets, out of 20 million supplicants? Celebration Day gives the emphatic answer "yes." Every moment of this unvarnished chronicle by Dick Carruthers attests to the remarkable staying power and musicianship of founding members Jimmy Page, Robert Plant and John Paul Jones, who performed with Jason Bonham, son of late drummer John Bonham.

PETER HOWELL

Suraj Sharma had never acted before his role in Life of Pi. The film opens Wednesday. HANDOUT

Life of why: Actor sets sights on philosophy

From student to star. Ang Lee isn't just a director, he's a guru. Pi lead Suraj Sharma talks about how Lee changed his life

HEIDI PATALANO
Metro World News in New York

Suraj Sharma is pretty much your average student. He's polite, well-spoken and majoring in philosophy this year. He also just starred in the new epic 3D film by Ang Lee and counts the venerated director as a close friend and teacher. Sharma had never acted before he took on the title role in Life of Pi — he was selected out of thousands of non-professional actors auditioning for the part. Playing a young man adrift at sea, Sharma lost weight, gained weight, befriended a tiger named Richard Parker and learned to fish. Along the way, he tells us, the film changed him into the man he is today.

What path were you on before this movie happened and where do you see things going now?

Before the movie I didn't really know what to do. I was in school and I was, I would say, lost … Luckily enough (director Ang Lee) picked me up, and took me to Taiwan. Over there, I changed as a person. I realized more about myself, more about everything. Working with Ang changes you, I guess. Before Pi I was really a bad student. I didn't do very well in school at all, ever, and I came back and I changed in a million ways. … I did surprisingly well in school. I didn't even know how. Suddenly I was getting like 94 per cent and stuff like that and ... now in college I'm doing philosophy, so things really changed.

Did the movie inspire you to choose philosophy?

Oh yeah. I think Ang and Pi got to me. Lying on that board and talking to Ang, you kind of start thinking on those lines, you start thinking about things, because Pi himself is this kid who asks questions like, 'What is life?' He is into philosophy of his own kind and Ang himself has a really complex philosophy, which comes through when you talk to him. ... Eventually I want to be a filmmaker, so I guess philosophy will help me in that way.

Some actors in your position might say, "Forget school and do acting full-time."

I don't know about the acting. I don't know whether I want to act professionally much. It's daunting. It's scary and it's different. I want to be a filmmaker. I want to tell stories. … I love acting now and the life (of an actor) is hard and it's different. I don't know if I'm equipped for it, but I'd like being on set. I think that's the most inspiring part of movies — just being on set. The intensity with which everybody works, 300 people just working, working, working for something maybe even three seconds long. (There are) different skills, different ideas, different backgrounds, everything just comes together and you make something and you make someone's imagination come to life.

Acting is hard normally, but then you also had to gain weight, lose weight, learn how to swim, learn how to fish. Which one of these things was the most challenging?

I think it was all just one, it came as one big package. I had to learn how to swim. I had to learn all these sea skills, do yoga, meditate, work out, gain weight, lose weight. I had to read books, learn how to act. There were a million things to do. I can't say one was harder than the other, it just all used to happen everyday. So it was a big challenge just being there. ... For me, all I wanted to do was keep Ang happy, because he had put so much trust into me. Fox and the crew, everybody was trusting someone who had no idea what they were doing.

I read that your mother had a ritual performed for Ang to be your guru.

Basically my mum was kind of hesitant about the whole thing. She was scared it was a risky decision. I was scared too. In India, the guru is a really important person. You kind of give yourself to them … so I kind of asked him to be my guru and I did pranama, which is basically you kind of submit yourself. He accepted me as his student and he took it very seriously. It's nice to see other people take things that are important to you seriously. Whether it was on set, off set, he was always wondering what's going on in my life. He was always concerned. He was always trying to help in any way he could. It's great because he's a genius. He's an amazing and really important person, seeing him care for you like that is really humbling.

Young Toronto actor animated in his latest film

Rise of the Guardians. At only 13, Dakota Goyo already boasts an impressive filmography — but this young star wants to do even more

STEVE GOW
scene@metronews.ca

Dakota Goyo has known for most of his short life he's wanted to be an actor. TORSTAR ARCHIVES

It's hard to believe that Dakota Goyo is only 13 years old. After all, not only is the Toronto actor a rising star, he's long figured out something that's far from most other teenager's minds — his career.

"When I was about three I decided this is what I want to do and I want to continue doing it for the rest of my life," said Goyo. "Except directing would be nice."

The kid is off to a great start. With such Hollywood blockbusters as Thor and Real Steal (with Hugh Jackman) under his belt, Goyo has now lent his voice talent to Rise of the Guardians (in theatres Nov. 21), an animated thriller featuring a superhero squad of legendary icons including Santa Claus, the Easter Bunny and the Tooth Fairy.

"Its overwhelming to (hear yourself in an animated film)," said Goyo — who plays the last ians. "It's my first real voice-work movie at least and it's very overwhelming to (hear) myself and see the emotion that you see in the character. .. it's not you but your voice is coming out of it."

Guardians also marks Goyo's second film with Jackman (who voices a rambunctious Easter Bunny that might be more into Vegemite than carrots).

"He's so perfect because he adds an Australian accent which makes it so ordinary," laughed Goyo. "You don't see an Easter Bunny with an Australian accent and that's why he's called 'kangaroo' (in one key scene). He's one of the funniest (characters) in the movie."

While Goyo is now excited to get back to a busy career in front of the camera, he con- studio on Guardians did have its benefits.

"You can just walk in, do your voice and walk out," said Goyo.

"I don't like to sit in one spot for a long time."

Goyo's heroes

In his young career, Goyo has starred alongside such thespians as Hugh Jackman, Samuel L. Jackson and Susan Sarandon but whom does he aspire to work with?

- **Will Smith.** "He brings so much emotion to the screen," said Goyo. "You feel the same emotion that he feels. I think he's a great actor."

Rise of the Guardians opens on Wednesday. HANDOUT

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ONE NIGHT LEFT!
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6:30 pm Dinner
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9:15 pm Viewing of the Festival of Trees
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www.festival-of-trees.com
A comedic love triangle set in the 1960s. Two roommates fall in love with the same girl who lives in the apartment next door.
This advertisement is courtesy of Metro Saskatoon
Dinner Theatre is sponsored by Wigs, Pumps and Waterworks Ltd.

Kristen Stewart ALL PHOTOS GETTY IMAGES

Stewart signs on for second Snow White, sans Sanders

Kristen Stewart has reportedly signed on to star in the sequel to Snow White and the Huntsman — though the second film in the franchise won't be directed by Rupert Sanders, with whom Stewart infamously had an affair this summer, according to Radar Online. "The script has already been written and production will begin late next year," a source close to the production says. "However, Rupert Sanders definitely won't be a part of the project. Rupert didn't want to be a part of it to begin with because he is desperately still trying to save his marriage. The search is on for a new director."

Justin Bieber

Bieber addresses the 'haters' with mom at side

Justin Bieber may be newly single, but that didn't mean he had to attend the American Music Awards solo. Instead, the 18-year-old Canadian pop star showed up with his mom, 38-year-old Pattie Mallette. While he made no mention of his split from Selena Gomez, Bieber did address his critics after winning his first award of the night, for favourite pop/rock male artist. "I want to say this is for all the haters who thought I was just here for one of two years," Bieber said from the stage. "I feel like I'm going to be here for a very long time."

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Rihanna reveals nothing, journo streaker reveals all

Rihanna's 777 tour — in which she's travelling to seven cities in seven days, with a plane full of fans and journalists — reached London Monday morning, the second to last stop. But there was no sign of the superstar on the plane from Berlin. "Just one quote," chanted desperate reporters, begging Rihanna to appear.

Then things got a little Lord of the Flies. Australian Tim Dormer, a radio presenter at Nova in Sydney, decided if he wasn't going to get a story, he'd become one: After 3 a.m., he suddenly burst from the toilet — completely naked. With his long curls bouncing, he made a quick tour of economy class wearing nothing but his birthday suit. The audience cheered.

Since Rihanna wasn't around to talk to anyone, we asked the streaker:

What were you thinking?
I was bored. It was three in the morning and we were on a plane and we've been on a plane for the past five days. I thought it would be fun. And it wasn't an easy task either; I had to dive over people.

Did you plan the whole thing?
No, I was just in the bathroom and thought it would be a fun thing.

How many will see this on YouTube, do you think?
Five maybe? My mom, my dad, my gran, my boss and hopefully Rihanna.

Did you run all the way up to her?
No, I didn't get that far.

How do you find the trip so far?
I'm having the time of my life. I saw her the first day and I see her on stage every night.

TO SEE A VIDEO OF THE STREAKER, VISIT METRONEWS.CA/SCENE

Kate Middleton and Prince William

Is a royal bundle of joy on the way?

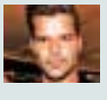
A close friend of Prince William and Kate Middleton insists the royal couple is set to announce something big next month, prompting speculation that a baby is on the way. "They're planning to make an announcement in December," Jessica Hay, a former schoolmate of Middleton's and a guest at their wedding, tells New Idea magazine, adding that the Duchess of Cambridge has gained a bit of weight recently and that "William and Kate are focused on starting a family." How focused, exactly? They've apparently already discussed the number of children they want to have — two — and that they'd prefer a son and then a daughter. "It seems very traditional but of course they'll be happy with two boys or two girls. They don't want more," Hay says. "They've discussed it endlessly and don't want to be older parents."

Katie Holmes

One Katie in the kitchen spoils the broth

As an actress and a newly single mom, Katie Holmes has a number of talents, but apparently cooking isn't one of them. "Me in the kitchen is a comedy, but it's heartbreaking for me going through it," she tells Vogue. "But for others, they probably think it's really funny, because all the pans are out and I get frustrated, and suddenly it's burning." We'll assume someone else is handling the holiday meals for Holmes this year.

Twitter



@ricky_martin
You want real advice, straight with no chasers and not sugar coated? Call a #Capricorn.

@chriscolfer
For the record, we're filming at a fancy engineering college and I hacked into the lecture hall computer to play honey badger on the screen.

@NiallOfficial
Good morning everyone! Was an early start today ! Tired

@samantharonson
"Work is the curse of the drinking class."
Oscar Wilde

Jamie Oliver's 15-minute meals

Healthy eating. Forget the microwave and take-out, the celebrity chef talks about how to make a fantastic meal in record time

ROMINA MCGUINNESS
wellness@metronews.ca

Celebrity chef Jamie Oliver has released a new book to help you in the kitchen. HANDOUT

You keep reducing the time of your recipe books. Why?
People are so time poor. But I promise I won't be doing time again.

But why 15 minutes? Why not 10?
If you want a proper meal fast, 15 minutes is the minimum you can do. It's the hardest book I've ever written because I wanted it to be an everyday cookbook that was healthy, nutritious and fast.

Some of the recipes are a bit fancy. I can't picture students cooking griddled tuna. Who is the book aimed at?
Everyone. From a culinary point of view, the world is a much smaller place. People are much more travelled and more read than they were 15 years ago and the stuff available in supermarkets is more robust. And they still want it fast.

Microwave meals are a pretty quick solution too...
Microwave food has became synonymous with shit food. But there's also a lot of high quality stuff. It's just never going to be amazing.

I tried one of your recipes the other night. The ricotta fritters. I'm a disaster in the kitchen. It ended up looking like a cheese omelette. But it tasted good.
You ended up with an omelette when you were supposed to do fritters. What the hell did you do?

I tried to flip them over... and made a mess.
The fritters take about one minute to make and six minutes to cook. I don't know what went wrong … do what the recipes says and it will work. I wish I could have seen it. I'd put money on the fact you used the wrong sized pan and put them too close together.

What are the biggest mistakes people make in the kitchen?
You don't need 100 knives, just three of the right ones — a chopper, paring and a bread knife. The book isn't trying to be your best friend. It's like, "You want tasty fast food? Here's the f–king rules. Do what you're told."

After a long and exhausting day at work, do you sometimes think, "F--k this, I'm going to McDonald's."
I don't normally get caught out. Although I'm famous for hating junk food, I'm not anti any kind of food. I've got nothing against a hot dog, a burger or a pizza. It's more about real food. I do the most amazing free-range pig hot dogs with slaw, home made ketchup and buns that's bloody delicious. But if ever you're in London and want a kebab, there's a place called Kebab Kid on New Kings Road that's delicious.

Would you ever eat at McDonald's?
I haven't eaten a McDonald's in 10 years.
What did you eat?
A Big Mac.

If I offered you a Big Mac right now, would you eat it?
I would. McDonald's are probably the best big fast food operator in Britain. They've done a lot of good work on their beef, their 100 per cent organic milk and free-range eggs. You can't just beat people up all the time and not pat them on the back for the good stuff they've done.

Yours in just 15 minutes. HANDOUT

You have one minute to make a meal; what do you do?
Grab a bit of bread and some lovely ham or cheese.

Five minutes?
Some fettuccine. Use boiling water and it cooks in three minutes. Then add a few simple ingredients to that.

But your next book won't be about time.
Time is a small element of many different emotions to cooking. You can do five minutes work and something can cook for four hours.

So what's next?
100 per cent vegetarian — making massive heroes out of the things that we don't eat enough of. The craft of making vegetables utterly delicious is one that's just not known about enough. At least 65 per cent of my recipes are meat-free, the index is covered in V's, but the feedback I get from vegetarians is, "Yeah, cool, but we'd like our own book please." I've ignored it for years.

Saskatoon Wildlife Federation presents
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claudia.m.swild@sasktel.net or call 306.242.1666
Saskatoon Wildlife Club is located 3 miles north of Central Avenue and Attridge.

Man up and talk about health issues

Movember. Medical expert tells Metro why it's important men get up close and personal with their testicles to avoid cancer

RICHARD PECKETT
Metro World News

Balls, bollocks, nads, testicles... we spend enough time using them as a figure of fun (in both senses), yet we chaps are reluctant to talk about our reproductive organs in any serious capacity, especially when there's a problem.

Talking about it makes men feel emasculated, a pubic hair's width away from confessing to being a Eunuch, even.

Well, that mentality is slowly changing, thanks to education, advertising and, of course, the annual Movember moustache grow-off, which raises awareness globally of both testicular and prostate cancer.

Dr. Sneh Khemka (BUPA medical director), fondly known as Dr. Movember, is getting men to talk bollocks. Here he explains the symptoms, treatments and myths relating to men's cancer.

We're all in this together so talk about the issues affecting men. MOVEMBER

Who's at risk?
"It mostly affects men between 20 to 30, but can (affect) those up to age 45. It's very rare for men over 50. Caucasian males are more likely to suffer, but other factors include family history, fertility issues and people who have had a complication related to mumps called orchitis."

The symptoms?
"Often, it's asymptomatic, but you may experience the following: A collection of fluid in your scrotum that causes swelling (a lump), anal discomfort (this can spread to the groin or lower abdomen) and you may get a pulling sensation like you've been kicked."

The treatment?
"The most common treatment is surgical removal of the affected testicle. About 20 per cent of (UK) men who have surgery will opt for a prosthetic testicle for cosmetic appearance."

Will the cancer spread or return?
"If the cancer has spread, you may require adjunctive radiotherapy or chemotherapy depending on whether it has affected the lymph glands. However, generally, when the affected testicle has been removed, it is unlikely to return in the other testicle."

Are there any options aside from surgery?
"It's very rare to catch it early enough to avoid surgery. If the cancer is just being treated with chemotherapy or radiotherapy, then it does have a higher rate of return, which is why they usually just remove the testicle."

What you need to know

Here are some of the things you need to know.

- **Common misconceptions.** People believe that they will have problems when urinating or having sex. It's one of the few cancers that affects younger men. If you have one testicle, you can have children — you're just as able as men with two balls.
- **People believe it's incurable.** You get it from cycling or motorcycling, especially since Lance Armstrong had it. There's no evidence for this.
- **If it goes untreated.** It'll spread around the body, especially to the bones, local organs and liver. It's a fairly aggressive cancer.

Getting the skinny on Quebec

Don't fear the dessert. ISTOCK PHOTOS

CELIA MILNE
wellness@metronews.ca

Desserts aren't the enemy. Deprivation is.

A new survey of eating patterns has found an interesting paradox: Even though Quebec is the thinnest province, Quebecers eat dessert more often than other Canadians. They make a point of enjoying their food.

"I think this speaks to the importance of eating regularly, and avoiding skipping meals," says Joel Gregoire, a food service industry analyst at the NPD Group, which conducted the study.

Eating dessert with dinner is most common in French Canada, occurring after 112 meals annually per person, versus 89 in Atlantic Canada, 57 in Ontario and 55 on the west coast. Yet in Quebec, 56 per cent of adults are overweight or obese, compared to a much higher 71 per cent in Newfoundland and Labrador and 68 per cent in Saskatchewan. Alberta, B.C., Nova Scotia and Ontario score in the middle (61 per cent, 60 per cent, 60 per cent and 59 per cent respectively).

To maintain a proper weight, Dietitians of Canada recommends following Canada's Food Guide and limiting foods that are high in calories, fat, sugar and salt.

"Maintaining one's weight is not necessarily a function of deprivation, but rather of eating well and consistently," says Gregoire.

"Quebec consumers also tell us that when they make lunch and supper, they are more likely to prepare their meals from scratch when compared with other regions."

Perhaps the rest of Canada can learn from Mirieille Guiliano, the author of The French Women Don't Get Fat Cookbook.

"I have measured out my life with chocolate mousse, apricot tart … tiramisu, crème brûlée, éclair, blueberry tart … No regrets. My weight is still normal," Guiliano said.

Quoted

"Quebec consumers also tell us that when they make lunch and supper they are more likely to prepare their meals from scratch when compared with other regions."

Joel Gregoire
A food service industry analyst

Ready for a change? Want to be your own boss?

START YOUR OWN BUSINESS!

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Canada-Saskatchewan Labour Market Services is offering comprehensive entrepreneurship training.

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If you are currently unemployed & receiving EI benefits or unemployed & have received EI benefits in the last 3 years (5 years if maternity/parental leave), you may be eligible for assistance through the provincial ***SELF EMPLOYMENT PROGRAM.***

Attend an Information Session
Tuesday, November 27—2:00-3:00 pm OR
Thursday , November 29—2:00-3:00 pm
at
Canada-Saskatchewan Labour Market Services
225-1st Avenue N. , Saskatoon, SK
Praxis—306-664-0500

Best Health

Have your kids involved in their food

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In every issue of Best Health magazine, we offer ideas for eating well and being your best. One of our regular columnists, registered dietitian Sue Mah, writes in our November issue about six ways you can get kids hooked on good food. Here are three.

Shop together.
The grocery store or farmers' market are great classrooms to teach toddlers and young children the colours and names of different fruit and vegetables. As they get older, ask them to help you pick out fresh apples or mushrooms for the shopping cart.

Give them a challenge.
At home, encourage tweens and teens to read the ingredients list on packaged foods and the nutrition label. Show them how to compare food products to pick the healthiest ones — by comparing sugar content, for example.

Help kids make informed decisions. ISTOCK PHOTOS

Play the what's missing game.
Young kids love this game. Talk about the four food groups in Canada's Food Guide, and then as you're making lunch or dinner, purposely leave out one of the four food groups. Ask your child to figure out which one is missing.

For three more ways to raise healthy eaters, pick up the November issue of Best Health, on newsstands now.

TO CLAIM YOUR FREE ISSUE OF BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA/METRONEWS.

Use your imagination to personalize Pita Chips

This recipe serves four. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

Store-bought pita chips are deep fried, which increases their calories and fat content.

The spices in this recipe add flavour instead of oil. Feel free to substitute spices of your choice. Try a variety of different coloured and flavoured tortillas. The whole wheat version has more fibre and nutrients.

1. Preheat the oven to 350 F.

Ingredients

Perp time: 5 minutes
Bake time: 12 minutes

- 3 large flour tortillas
- 3 tbsp finely grated Parmesan cheese
- pinch of salt and pepper
- pinch of paprika
- pinch of garlic powder
- pinch of onion powder

Nutritional analysis

Per serving (about 6 chips)

- **191 calories; 6.5 g protein; 28 g carbohydrates; 2.5 g fibre; 5.6 g total fat; 1.9 g saturated fat; 4 mg cholesterol; 419 mg sodium**

Line a large baking sheet (or 2 medium baking sheets) with foil.

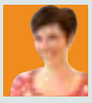
2. Slice each tortilla into 8 wedges. Arrange the wedges on the baking sheet, not overlapping. Lightly coat with cooking spray.

3. Combine the Parmesan, salt, pepper, paprika and garlic and onion powders in a small bowl. Sprinkle the seasoning evenly over the tortillas and bake for 12 minutes, or just until lightly browned.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

Immunity food



NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Did someone just sneeze on you? Quick! Wash your hands and grab one of these immune foods. Nothing boosts your immune system like a healthy diet that avoids excess sugar, alcohol, bad fats and depleted white wheat, so start there first. Beyond that, there are nutrients that your body uses as tools to be sure it can fight off whatever comes flying at you this cold and flu season.

1. Probiotics

There is growing evidence that probiotics contribute to immunity in a variety of ways. Try new IOGO brand Probio Yogurt for a lactose-free version that is very tasty

2. Catechins

Green tea boasts one of the best anti-bacterial properties under study. Shoot for a couple cups daily.

3. Vitamin D

Canadians won't get strong enough sunshine from now to about April. There's a good dose in caviar; try the Greek dip called taramasalata that uses fish roe to make a yummy dip for your (whole grain) pita.

4. Vitamin E

A potent antioxidant that is best taken from food. Sunflower and pumpkin seeds are good sources.

5. Vitamin C

Still your best go to source for overall immunity. Get as much as you can from fresh fruits, kiwi is particularly high.

THERESA ALBERT IS AN AUTHOR AND ON CALL, PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

All the tastiness of candy apples in a smaller package

1. Heat the oven to 250 F. Line 2 baking sheets with parchment paper.

2. Using a mandoline, food processor or very sharp knife, cut the apple into very thin slices, about 1/8 inch thick. There are several ways to do this. If you have an apple corer, you can simply cut out the core, then lay the apple on its side and slice starting at one side and working your way to the other. If you don't have a corer, stand the apple upright, then begin on one side and cut slices until you reach the core. Rotate the apple and repeat until all 4 sides have been sliced.

3. Arrange the apple slices on the prepared baking sheet, being careful not to overlap. Sprinkle the apples with cinnamon, then bake for 45 minutes, or until dried and slightly crisp. Slide the parchment and apples off the baking sheet and onto a cooling rack. Let cool completely.

This recipe serves eight. MATTHEW MEAD/ THE ASSOCAITED PRESS

Ingredients

- 1 large apple
- 1 tsp cinnamon
- Half of a 14-oz package caramel candies, unwrapped
- 1 tbsp water
- 1/2 cup white chocolate bits
- 1 tsp shortening
- 1/2 cup dark chocolate candy melts

4. Once the apples have cooled, in a medium saucepan over medium heat, combine the caramels and water. Heat, stirring constantly, until melted and smooth. Dunk a fork into the caramel, then use it to drizzle the caramel over the apple chips. Set aside to let the caramel set.

5. When caramel has set, place white chocolate bits and shortening in microwave-safe bowl. Microwave on high in 15-second bursts, stirring between, until melted and smooth. Using a clean fork, repeat the drizzling similar to the caramel. Set aside to let the white chocolate set.

6. Once the white chocolate has set, melt the dark chocolate candy melts in a clean bowl using the same method as the white chocolate. Once melted, dunk a clean fork in the melted chocolate and drizzle over the apple chips. Let cool until the chocolate is set. Store in an airtight container for up to a week.

THE ASSOCIATED PRESS

Bavarian Cheese Spread. Serve with fresh veggies, pretzel sticks or crackers

1. In food processor fitted with blade attachment, combine cream cheese, semi-soft cheese, cheddar cheese, shallots, paprika, caraway seeds and pepper; blend and pulse for 2 to 3 minutes or until completely smooth, scraping down bowl occasionally.

2. Refrigerate for at least 1 hour (and up to 2 days) for flavours to blend. THE CANADIAN PRESS/ FOODLAND ONTARIO

Ingredients

- Half 250 g container light deli-style cream cheese (15 per cent M.F.), room temperature
- 125 g (4 oz) semi-soft or creamy cheese such as Oka-style "washed-rind" or brie-type style, rinds removed (about 250 ml/1 cup), room temperature
- 125 g (4 oz) old white cheddar, grated (about 250 ml/1 cup), room temperature
- 2 shallots or 1 small onion, finely diced
- 5 ml (1 tsp) hot or sweet smoked paprika
- 5 ml (1 tsp) caraway seeds
- Pepper, to taste

metro TW Trend Watch

HOLIDAY FASHION TIPS

LEATHER AND LACE TWO OF THE HOTTEST TRENDS THIS SEASON

GETTY IMAGES PHOTOS

It's that time of year again when the festivities don't stop — from office parties to seasonal cocktails to New Year's Eve events. Celebrating the holidays in style can be a lot of fun, but for some, the thought of pulling together the perfect outfit can be downright stressful.

Amy Lu, a fashion expert for eBay Canada, has some tips on how to pull together the perfect look without losing the holiday cheer:

• Leather and lace are two of this season's hottest trends and make the perfect combo for cocktail party dressing. Try on a lace blouse with leather leggings and strappy stilettos for after-work drinks, or pair a leather sheath with lace stockings and booties for a party-perfect look.

• Stand out at your New Year's Eve event in this season's hottest hues: red, oxblood, maroon and burgundy are all on-trend, and perfect for making a bold statement.

• A little black dress is key to making holiday dressing stress-free, and it can take you from the office to the party Invest in a classic sheath and transform your look for different events with this season's hottest accessories, like statement necklaces, metallic heels and faux-fur shrugs. To make your shopping even easier, you can download the eBay Fashion app, and browse and buy the latest holiday looks whenever and wherever inspiration hits.

• For office parties, opt for a figure-flattering dress rather than one that shows too much skin, and remember that less is more when it comes to professional environments. Save your fashion experiments for a night out with friends.

• For men, add a sleek black blazer and a skinny tie to any classic white shirt and dark-denim combo. Polish off your look with dark rimmed spectacles and velvet slip-on shoes. — *News Canada*

REVEAL YOUR INNER PIN-UP

MODERN DAME CATERS TO RETRO, CLASSY WOMEN

Find new vintage-inspired clothing at Modern Dame Boutique that will have you looking like you just stepped out of black and white movie.

"We have a lot of dresses that will remind you of something you saw in a 1950s movie," says Megan Paul, owner of Modern Dame.

Catering to the classy and retro woman, Modern Dame has a large selection of vintage style dresses, gloves and accessories.

They also carry a vast selection of circle dresses and crinolines.

"Usually when customers try a crinoline on, they will leave with it," says Paul.

Leave that typical little black dress hanging in your closet this holiday season and stop by Modern Dame for that show-stopping look at your next party.

"You don't have to worry about seeing yourself at the party you will be going to, it will definitely be different than the little black dress most people wear," says Paul.

It is also never too early to start shopping for graduation or bridesmaid dresses, as Modern Dame's dresses add a fresh twist on a vintage favourite.

Because the style speaks to each woman's individuality, Modern Dame usually only carries one of each size, from size 2 to 20. But if you can't find the size or colour you are after, special orders are available.

Modern Dame Boutique is located at 107-3rd Avenue North, and is open Tuesday to Saturday, from 10 a.m. until 6 p.m.

Or find them on Facebook at facebook.com/moderndameboutique.

TURN HEADS WITH BABETTE'S FASHION

SHOP OFFERS A UNIQUE LINE OF SWEATERS

Step out to that holiday party this year in something that is sure to turn heads.

Do yourself, and your closet, a favour by stopping into Babette's Fashion & Accessories before you head out to that next big event.

"If you are looking for that great outfit for an upcoming holiday party, we have got you covered," says Tracy Buller, owner of Babette's Fashion & Accessories.

With unique, fresh and fun fashions, Babette's is your sweater and holiday party connection this winter.

Offering customers a unique-to-Saskatoon line of sweaters, Buller says these hot items have been flying out of her store.

"You are not getting them anywhere else and they are selling like candy," says Buller.

For those looking to shine at their next event, stop by and check out the stunning sequence dresses that have just arrived in store.

CONTRIBUTED

"We don't go for the run-of-the-mill clothing, all of our items are very fashionable," says Buller.

Not only will you find fashionable sweaters and dresses, but Babette's has everything to complete your entire look, from clothing, accessories to shoes.

Look stylish in cold weather as well, with a large selection of fashionable winter coats and funky winter boots.

"Why dress like everyone else when we offer clothing that is as unique as you are," says Buller.

Let the friendly and professional staff at Babette's help you find a great outfit or item that you will love and feel great in, within a boutique-style setting.

Having moved into their new location in January, Babette's is excited to have expanded into clothing and help you feel confident from head to toe in your new look that they have helped you put together.

Babette's is open from Monday to Saturday from 10:30 a.m. until 6 p.m., with the exception of Thursday, where you can shop late until 8 p.m.

Stop in to Babette's Fashion & Accessories at 96a-33rd Street East, or visit them on Facebook.

PRIVATE NIGHT OF SHOPPING

Plan a girl's night out and head down to Babette's Fashion for a private night of shopping.

Shop after hours with refreshments in hand as you browse through Babette's great selection of sweaters, dresses or anything you might need for the upcoming event.

To book a private ladies night, call Tracy at 306-244-0233.

don't get your Tinsel in a Tangle
Babette's has you covered for all your Holiday Gift Ideas!
Fresh Exciting New Lines In Women's Designer Clothing perfect for Holiday Giving...
... and Stepping Out over the Holiday Season!
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Rest in peace

Farewell to the admirable Mrs. Letitia Baldrige

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Today I would like to pay homage to the late Letitia Baldrige, a dear lady who I've admired for many years. I've read most of her books and have even had the honour of interviewing her.

Mrs. Baldrige, known as the doyenne of American etiquette, passed away on Oct. 29. She was most known for her time working in the White House during the Kennedy administration as Jacqueline Kennedy's social secretary.

One of my favourite quotes from Mrs. Baldrige, known as Tish to her family and friends, involves her philosophy on life.

"There are major CEO's who do not know how to hold a knife and fork properly, but I don't worry about that as much as the lack of kindness," she said. "There are two generations of people who have not learned how important it is to take time to say, 'I'm sorry' and, 'Please' and, 'Thank you' and how people must relate to one another."

I'm very sad that we have lost this wonderful person, who believed in so many good things — the most important of them being that she believed in people.

You see, for those of you who follow both my column and philosophy of etiquette, I believe it's all about how we interact with each other that matters. The best thing about etiquette is that it puts us all at ease to know what is expected of others so that we always put our best foot forward.

God bless you, Tish. You are missed already and I will put myself in front of a roaring fire tonight and enjoy one of your books with a glass of wine in your memory.

Mrs. Baldrige sits to the right of then U.S. first lady Laura Bush. GETTY IMAGE

Bust myths about the disabled and sex

Still human. The public's preconceived ideas need to change about the sex lives of people with disabilities

People with disabilities face any number of challenges, but perhaps the most insidious is society's unspoken belief that they are somehow asexual beings — neither wanting nor able to express that most universal of human needs.

It is a notion decidedly debunked by the film The Sessions, based on the true story of a man paralyzed by childhood polio and mostly confined to an iron lung, who at age 38 longs to experience sexual intimacy for the first time in his life.

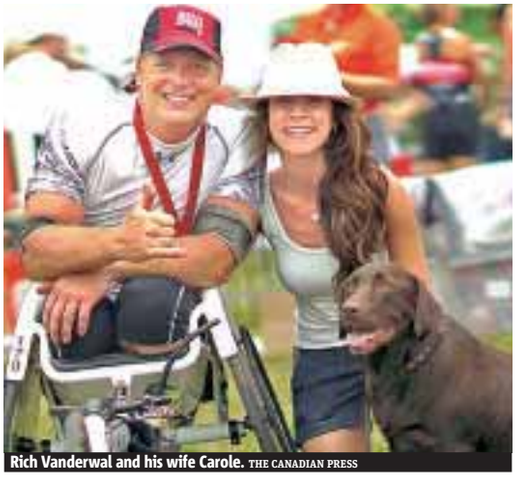
The poignant story of writer-poet Mark O'Brien, played by John Hawkes, and his carnal awakening under the tutelage of a sex surrogate portrayed by Helen Hunt, should go a long way to dispelling the myths surrounding physical intimacy and people with disabilities, advocates say.

"The big one is this idea that people with disabilities are not sexual — not only that they literally cannot have sex, but also that they're not sexually desirable and that they don't desire sex," says Cory Silverberg, a Canadian sexuality educator working in New York City.

Silverberg says the tendency is to view sex as two people sweeping each other off their feet, "and certainly not between two people where one person might actually have to lift somebody onto the bed, because that's not seen as sexy."

Unfortunately, he says, such stereotypical thinking gets absorbed by those whose physical abilities may be limited, sometimes severely, by any of a range of conditions, among them spinal cord injury, cerebral palsy, muscular dystrophy and multiple sclerosis.

Surrounded by images of leggy models and A-list celebrities that shape society's definition of sexual attractiveness, it's no wonder people with disabilities struggle with body image and are sometimes reticent about physical intimacy, says Sandra Mills, a patient and family educator at Toronto Rehab's Lyndhurst Centre for spinal cord injury.



Rich Vanderwal and his wife Carole. THE CANADIAN PRESS

"When stereotypes and prejudices exist already and then you try to connect that with a disability, it makes it challenging for a person who acquires a disability to re-engage in a physical world, in a world of dating and socializing," she says.

Rich Vanderwal, 41, says his self-image took a severe blow after a motorcycle crash 20 years ago left him paralyzed below his armpits. He has mobility in his arms and hands, but is reliant on a wheelchair to get around.

A ski and snowboard instructor during winter and a lifeguard in summer before his accident, Vanderwal admits much of his identity had been built around his athletic ability and once-buff physique.

"I was known as the guy who took my shirt off and I had abs. I was proud of them because to me that was a sign of fitness and, of course, sexuality and all those things."

Despite his life-changing injury, Vanderwal has continued to embrace sports, playing high-level wheelchair tennis, downhill ski racing and rowing. Last year, he competed in an Ironman half-triathlon using special equipment.

He also put himself out there in the dating world.

Then he met Carole Chebaro, at the time a volunteer at Lyndhurst, where Vanderwal works part-time. They started off as friends, then began dating. Six years ago, Vanderwal and Chebaro married. Early on in their relationship, Vanderwal says he worried about whether he was meeting all of Chebaro's needs. "But it's very clear that I could meet some of the important ones." The couple hopes to soon start a family.

Vanderwal says he has tried medications like Viagra and can have intercourse "to a certain quality," but for the most part, orgasm is not through intercourse and is "modified and different now.

"There's no actual physical sensation, but all the chemical changes within the body still go on. I still get the flushing of the face, there's that euphoric feeling and certain relaxations."

One welcome reaction is a quieting down of persistent muscle spasms, a common repercussion of spinal cord damage. "A lot of my spasticity, which is there 24-7 — literally my spasticity is firing off every 15 seconds all day and all night — after orgasm that's gone for a good hour. I'm completely relaxed," he says.

Vanderwal says while the body may change with a spinal injury or as the result of a disabling disease, one's likes, dislikes, interests and desires remain intact. "It doesn't matter what body you're in. Your mind and your thoughts, it's a natural process to have attraction and want to share that sexual energy with somebody else. THE CANADIAN PRESS

Quoted

"The big one is the idea that the disabled are not sexual."

Cory Silverberg, a sexuality educator
On how people are misinformed on the attitude of disabled people toward sex

How to avoid an office dating disaster

Delicate matter. Try to foresee the fallout and do the relevant research prior to announcing any new work relationship

JULIA WEST
Metro World News in Philadelphia

Though the latest news scandal involves high-ranking officials, keep in mind that the broad strokes of the Gen. Petraeus affair are not unlike typical office flings. Even if your transgressions won't make headlines, romance at work can be a dicey move if not properly handled. Learn to manage this delicate situation — because even if you can't resist taking your chances with the cutie in accounting, you can minimize the fallout. Before announcing your new beau, research your company's policy on the matter. "Don't date anyone at work if your employment contract forbids it. Your job will clearly be on the line with such a violation," says author Wendy Walsh, a contributor to Dating-advice.com.

If you do move forward, think about what the end of the relationship might be like. Nancy A. Shenker, co-author of Don't Hook Up With the Dude in the Next Cube, says, "Think about what will happen after a breakup. It's hard enough seeing an ex on Facebook — how will it feel to see him or her in person every day?"

If you're an employer who notices an office affair, know how to approach it. "Have a policy," suggests Todd Ewan, a partner at Fisher & Phillips law firm, which represents management in workplace disputes. "The employer will need to determine what it is willing to tolerate and not willing to tolerate. As a base point, most employers do not want to let a relationship exist between two employees if one of the employees has direct managerial responsibility for the other."

Quoted

"Don't date anyone at work if your employment contract forbids it."

Author Wendy Walsh.

Make sure he or she is worth it and try to have some foresight before you launch into that office romance. ISTOCK

Employers probably still want you to be clean and reasonably well-groomed. ISTOCK IMAGES

Branding yourself: What do employers really want?

Alison on Money.
What are companies looking for when they're searching out the best and brightest young workers?

YOUR MONEY
Alison Griffiths
money@metronews.ca

Last week, I read a fascinating article about big corporations such as Telus and SNC Lavalin moving all or part of their head offices to downtown Toronto in order to attract the best and the brightest to their company.

However, it is considerably more expensive than locating in the suburbs.

So what is the reason for this trend? The answer is all about demographic culture.

Youth today is different than it was a generation or two ago, just as employment is different.

Many of our parents worked at the same job their entire lives. This isn't likely to be very common in the future.

Increasingly, under-40 employees don't want to spend their lives commuting and they desire a vibrant, downtown lifestyle. They're also the first generation since Henry Ford that isn't wedded to the automobile.

These changes got me thinking about what companies are looking for when they're searching out the best and brightest, because it has a big impact on how younger workers should present and educate themselves over the course of their careers.

Here's a peek at the corporate wish list.

1. Traditional virtues still hold
Your style may be to look like a tattooed, studded wolverine, but employers still want you to be a clean and reasonably well-groomed tattooed, studded wolverine.

Also promptness, politeness, the ability to converse and demonstrate a modicum of organizational skills are still important qualities.

2. Technology
You don't need to be a computer expert unless you intend to run the IT department, but you do need to be competent enough to make connections between the newest technology and your company.

3. Networking
Companies increasingly value the networks that employees bring with them.

Networks add tangible value by giving the company access to resources, people and ideas.

4. Language
By 2031 Statistics Canada projects that over a quarter of Canadians will be foreign born with visible minorities comprising 63 per cent in Toronto, 59 in Vancouver and 31 per cent in Montreal.

Knowledge of other languages and cultures is highly desirable.

Knowing what companies want and educating yourself accordingly raises the odds of being considered among the best and the brightest in the coming downtown corporate culture.

In numbers

47%

The number of second generation Canadians who will belong to a visible minority by 2031.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Save thousands on your 2012 taxes

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Early in November, H&R Block released the results of a survey that revealed that less than one-third of Canadians plan to take actions toward reducing their 2012 taxes by year-end.

You can save thousands of dollars on your 2012 taxes by planning ahead. Boost your tax savings with these tips.

Contribute to your RRSP by March 1, 2013 and receive a powerful tax credit.
You can contribute up to 18 per cent of your income, to a maximum of $22,970. Besides the tax credit, when your funds are invested wisely, you can benefit from appreciation, dividends, interest and distributions.

Give
Make a charitable donation before Dec. 31.

A donation over $200 in 2012 is worth a 29 per cent federal credit instead of a 15 per cent credit for donations under $200.

You can also donate publicly-listed securities to registered charities or private foundations without being subject to capital gain taxes and still receive a tax receipt for your donation. Pay medical expenses by Dec. 31 to maximize your 2012 medical expense claim.

Review your stock portfolio
Review your portfolio before year-end to determine if you can find a tax advantage in taking a loss or cashing in a gain.

Dec. 23 is the deadline for making a trade if you want it recorded on your 2012 tax return.

Plan a wise move
If you're going to move to a new province, check the provincial tax rates before deciding the moving day.

You are subject to provincial tax in the province where you reside on Dec. 31. So if there is a substantial difference in the tax rates, you may want to either speed up or defer the move.

Make Registered Education Savings Plan (RESP) contributions before Dec. 31
Parents can take advantage of the Canada Education Savings Grant by contributing to a child's RESP. The lifetime RESP contribution limit is $50,000, with no annual contribution limit. The maximum annual RESP contribution that qualifies for the CESG is $2,500, providing a grant of $500 annually.

Taxable income
If you've received a lump sum pay from an employer, cashed in an RRSP, sold an investment property, or collected employment insurance, there are tax implications. Prepare a calculation of your taxable income. There may be strategies to reduce your tax bill by Dec. 31.

Get organized
Grab a file folder to keep your receipts for all tax-related expenses.

Always consult a tax professional when reviewing your taxes to ensure you're benefiting from all tax saving opportunities.

Follow Lesley on Twitter @LesleyScorgie

There are lots of ways to reduce your taxes by the end of this year. ISTOCK IMAGES

FINALS FOCUS

FORMULATE A PLAN WHEN PREPARING FOR YOUR EXAMS

WAVEBREAK MEDIA/THINKSTOCK

Final exams can sneak up on post-secondary students, so experts suggest taking the red leaves of fall as a red flag that it's time to hit the books.

Naomi Deren, manager of the Student Success Centre at the University of Regina, says if you are short on time cutting classes is a bad way to grab a few more hours. You are more likely to fall further behind in your effort to get ahead.

"Keep on top of your reading and class notes," she advises.

Visit your student centre for help improving your skills at studying, managing your time and writing exams. Deren urges students to create a study plan. That involves looking at your exam schedule, figuring out what work needs to be done and setting out a concrete calendar of when you will do each bit of work.

Deren says it's also a good time to look back to mid-terms. If you struggled with something then, now is the time to fix it. "Exams will be here before you know it."

Most colleges and universities open winter registration at this time of year and the sooner you register, the better your chances of getting your dream schedule.

Deren says you can use the winter break to set academic goals such as when you want to graduate, what marks you want to get, and what you want to do post-graduation.

"Then it's easier to do planning and manage time," she explains.

Ben Harrison, a fourth-year journalism student at the University of King's College in Halifax, says the main problem he has encountered in the run-up to finals is content overload.

"From September to December, there is so much that you learn that it's really difficult to retain all of the material," he says.

– Jon Tattrie

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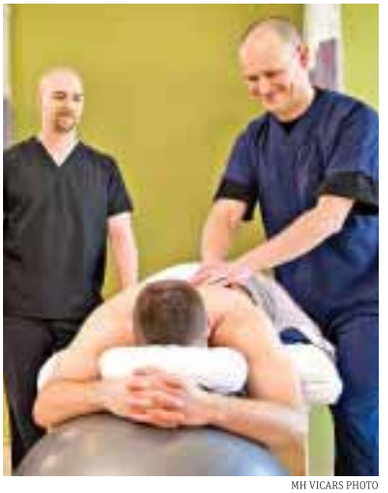


MH VICARS PHOTO

Get a hand up on the competition with a diploma in massage therapy from MH Vicars School of Massage Therapy.

MH Vicars offers students a two-year, 2,220-hour massage therapy diploma that prepares graduates to work in all areas of the industry.

"Our grads are the best in the business, and employers know it," says Robin Collum, publications co-ordinator at MH Vicars.

"We're constantly getting calls from clinic owners who want to hire our students, and over 95 per cent of our graduates are working within months of graduation."

With a blended learning approach, MH Vicars combines independent learning with regular tutorials to ensure students learn everything they need to know to succeed in the massage industry.

Students travel from all over Western Canada to study at the school's Edmonton and Calgary locations.

In addition to the comprehensive clinical training, students get on-the-job experience and business instruction, they are taught how to take care of their clients, and how to take care of themselves.

"We want our students to be successful business people as well as great therapists," Collum says.

Graduates can go on to work in places like health centres, spas, sports medicine clinics, and many of them own their own businesses.

Apply now for the January 2013 intake and be a registered massage therapist (RMT) by June 2014.

For more about MH Vicars, call 1-866-491-0574, or visit mhvicarsschool.com.

MLS

Beckham's time with Galaxy coming to an end

David Beckham will play his final game for the Los Angeles Galaxy in the MLS Cup next month.

Beckham and the Galaxy announced the midfielder's decision Monday, a day after the defending MLS champions advanced to their second straight league final. Los Angeles faces Houston on Dec. 1.

Beckham isn't retiring, but the superstar gave no hint of his next move.

"I've had an incredibly special time playing for the L.A. Galaxy," Beckham said in a statement. "However, I wanted to experience one last challenge before the end of my playing career. I don't see this as the end of my relationship with the league, as my ambition is to be part of the ownership structure in the future."

THE ASSOCIATED PRESS

NFL

Source says Pats' Gronkowski out 4-6 weeks

No more end-zone spikes for a while from Rob Gronkowski.

A person familiar with the process said Monday the New England Patriots tight end expects to be sidelined for four to six weeks after having surgery for a broken left forearm. The person spoke to The Associated Press on condition of anonymity because there was no official announcement. THE ASSOCIATED PRESS

Selig signs off on Jays-Marlins trade

MLB. Naming new skipper is next up on Toronto GM Anthopoulos's to-do list

New Blue Jays pitchers Josh Johnson and Mark Buehrle watch a game against the Yankees on April 1 at Marlins Park.
MIKE EHRMANN/GETTY IMAGES FILE

The Blue Jays, flush with the knowledge that Major League Baseball has OK'd the club's controversial trade with Miami, are poised to name their new manager.

Baseball commissioner Bud Selig approved the 12-player Jays-Marlins trade on Monday after a longer-than-usual review. Jays fans — relieved by the news and excited about the loaded, revamped lineup — can now turn their attention to the managerial hiring. GM Alex Anthopoulos, the talk of the baseball world and the Toronto sports scene, even during Grey Cup week, has been hinting that an announcement is near — perhaps as early as Tuesday, when Anthopoulos has a press conference scheduled to discuss the Marlins deal.

It's also possible that the managerial decision will happen closer to baseball's winter meetings, which start Dec. 1 in Nashville, to steer clear of Grey Cup week.

Interestingly, word out of Boston, where John Farrell is now posted in his dream job as manager, is that the Red Sox could have made a similar deal with the Marlins, but elected not to.

Selig took a week to approve the deal — sending Josh Johnson, Mark Buehrle, Jose Reyes, John Buck and Emilio Bonifacio to the Jays for Yunel Escobar, Henderson Alvarez, Adeiny Hechavarria, Jeff Mathis and three top prospects.

Cabrera deal made official

On Monday, the Blue Jays signed free agent left-fielder Melky Cabrera. The 28-year-old was leading the National League in hitting at .346 for the San Francisco Giants when he was suspended Aug. 15 for a positive testosterone test. THE CANADIAN PRESS

Marlins fans believed Reyes and Buehrle were signed last winter to revitalize the team as a playoff contender as the franchise moved into a new ballpark — built in part with a multimillion-dollar Miami tax fund that Selig pushed for.

Instead, the Marlins, having already dealt former batting champion Hanley Ramirez and ex-closer Heath Bell during the season, dumped $163.75 million in guaranteed salary through 2018.

"It is my conclusion that this transaction, involving established major leaguers and highly regarded young players and prospects, represents the exercise of plausible baseball judgment on the part of both clubs, does not violate any express rule of Major League Baseball and does not otherwise warrant the exercise of any of my powers to prevent its completion," Selig said in a statement.

"I am sensitive to the concerns of the fans of Miami regarding this trade, and I understand the reactions I have heard. Baseball is a social institution with important social responsibilities, and I fully understand that the Miami community has done its part to put the Marlins into a position to succeed with a beautiful new Marlins Park."

TORSTAR NEWS SERVICE

NHL requests complete proposal from NHLPA

The NHL is looking to see everything put in writing.

With frustration building and the lockout dragging, the league met with the NHL Players' Association on Monday night and requested that the union put all of its desires for the next collective bargaining agreement together into one complete offer.

"It's our position that we've made a couple comprehensive proposals in a row," said deputy commissioner Bill Daly. "We'd like to know where they are on all of the issues. We asked that they put together a comprehensive proposal for us to consider."

The sides have been unable to agree on proposed changes to player contract rights and how to share revenue, and will also need to sort out how they pay for the damage of a lockout. While they've exchanged ideas verbally in recent weeks, the league doesn't feel as though it has a complete picture of where the players stand.

Quoted

"I don't really know what to expect."

NHL deputy commissioner Bill Daly after the league asked the NHLPA to table a full proposal

Donald Fehr, the NHLPA's executive director, said he would take the league's request into consideration and make contact again on Tuesday morning. He thinks "it's more likely than not" the sides will then meet for a second straight day.

However, it remains to be seen whether the union is ready to table a full proposal.

"We asked. I certainly hope it's something they'll consider. I think that's something they're deliberating on," said Daly.

Fehr and commissioner Gary Bettman discussed the possibility of taking a break from talks last week, but Fehr thought it would be best if the sides continued to meet

After initiating Monday's session, the union didn't arrive with a new offer. Instead, Fehr was hoping to engage the league in a discussion on core economics and player contract issues.

THE CANADIAN PRESS

NFL

Saints' Brees to pledge $1M to Sandy recovery

New Orleans Saints quarterback Drew Brees says he is donating $1 million to Superstorm Sandy relief efforts. Brees told CBS's Person to Person in an interview to air Friday that the donation will come through the Dream Foundation he runs with his wife, Brittany. He did not say who will be receiving the donation.

THE ASSOCIATED PRESS

Saints quarterback Drew Brees
GETTY IMAGES FILE

CFL

Weighty wager for Grey Cup mayors

The Argonauts and the Stampeders aren't the only ones with bragging rights on the line in the upcoming Grey Cup championship.

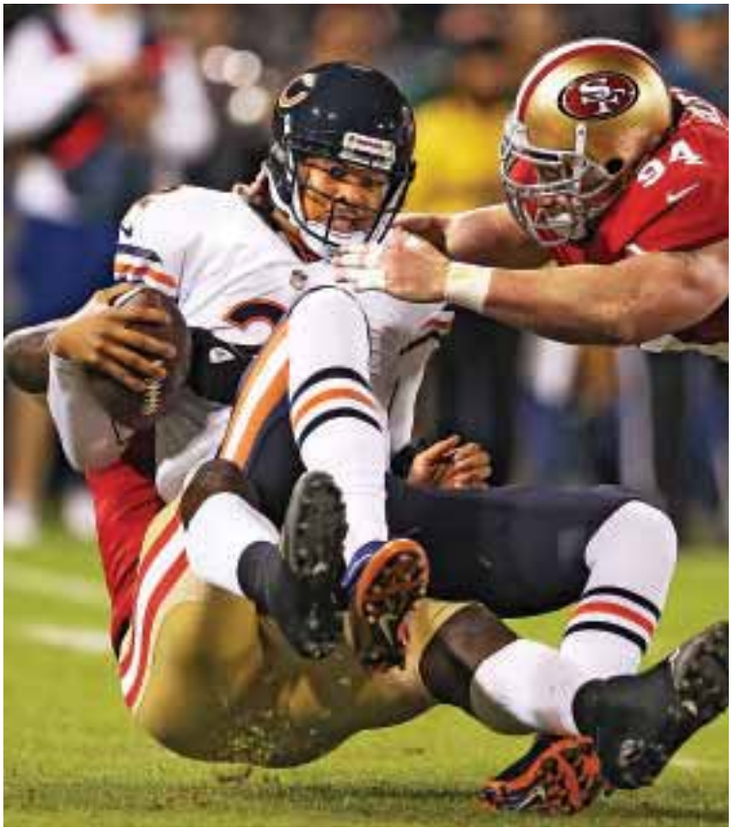
The mayors of Toronto and Calgary — the two teams' respective hometowns — are also getting in on the action.

Calgary Mayor Naheed Nenshi proposed a friendly wager that would see the losing city's mayor donating his weight in food to the winning city's food bank.

The loser would also wear the winning team's jersey for a council meeting. Nenshi issued the challenge to Toronto Mayor Rob Ford on Twitter. Hours later, Ford tweeted acceptance, adding the Calgary mayor would "look great in Argo blue!"

THE CANADIAN PRESS

4 SPORTS



49ers give Bears a beatdown

Chicago Bears quarterback Jason Campbell is sacked by Aldon Smith and Justin Smith, right, of the 49ers on Monday night at Candlestick Park in San Francisco. QB Colin Kaepernick passed for 243 yards and two touchdowns in his first career start in place of the injured Alex Smith, as the 49ers whipped the Bears 32-7 in a highly touted NFC showdown that hardly lived up to the hype. EZRA SHAW/GETTY IMAGES

Coach Reid won't quit Eagles job

NFL. Philadelphia's poor record may spell the end of Reid's 14-year reign

Philadelphia Eagles head coach Andy Reid walks off after speaking at a news conference at the team's practice complex Monday in Philadelphia. The Eagles' poor performance has put Reid's job in jeopardy. MATT SLOCUM/THE ASSOCIATED PRESS

Andy Reid isn't quitting his job.

The Philadelphia Eagles have sunk so low that people are wondering if Reid will simply step down instead of waiting to be fired.

"I think that'd be a cop-out," Reid said Monday when asked about resigning. "That's not how I see things. That's not the way I'm wired. We're going to keep battling and do it as a team. I'm not going to tell the guys one thing and then do the other."

As the losses pile up and get worse each week, Reid has run out of explanations. The Eagles (3-7) have dropped six in a row. Even worse, they're no longer competitive.

A 31-6 whipping by the Washington Redskins wasn't as close as the 25-point difference indicated.

After a 3-1 start, the Eagles have completely fallen apart. It started with a two-point loss at Pittsburgh on Oct. 7. A three-point overtime loss to Detroit followed. That was the closest Philadelphia would come to victory. The margins in the next three defeats were 13, 15 and 15. Then came the debacle at Washington.

Surely, the Eagles have hit rock bottom.

"Obviously that's not good enough the way that we're playing," Reid said. "I take full responsibility for that. I know we're letting the fans down and the city down."

THE ASSOCIATED PRESS

Writing on the wall

Reid's future is not even a question anymore.

- Unless the Eagles run the table, win the division and go deep in the playoffs, it's almost certain Reid won't be back for a 15th season in Philadelphia.
- Owner Jeffrey Lurie already said that another 8-8 season would be "unacceptable."

History of Grey Cup part of Canada's cultural fabric

It has been lost, forgotten, stolen, held for ransom, caught up in a compromising position with exotic dancers and even come under attack by the Taliban. Such is the rich and colourful history of the Grey Cup.

The iconic trophy wasn't supposed to honour a football champion. It was originally to be awarded annually to Canada's top senior hockey team, but Sir Montague Allan beat Earl Grey to the punch by issuing the Allan Cup. Grey later donated the trophy to recognize the Canadian rugby football winner. At the time, the Grey Cup was made at a reported cost of $48. Today, the hallowed trophy's value awarded yearly to the CFL champion is estimated at $75,000.

To those who compete for it, the Grey Cup isn't about money. It's a 100-year-old trophy that's steeped in tradition and sewn tightly in Canada's cultural fabric. The Calgary Stampeders and Toronto Argonauts will add to that rich history when they face off in the centennial version of the CFL's title game on Sunday at Toronto's Rogers Centre. Mark DeNobile, the executive director of the Canadian Football Hall of Fame, says the Grey Cup has weathered its share of storms over the years based on the shape of the trophy when it returns home to Hamilton.

The University of Toronto Seniors, who won the first Grey Cup in 1909, are shown in a 1909 file photo. THE CANADIAN PRESS HANDOUT

"Whatever the team does with it while they have it as Grey Cup champions, we really don't want to know," he said with a chuckle. "A few times, yes, it has come back in rough shape."

The Grey Cup has special significance to the DeNobile family. DeNobile's father, Gino, appeared in seven CFL title games as an offensive lineman with the Hamilton Tiger-Cats from 1956 to 1984, winning twice.

After helping the B.C. Lions win the Grey Cup last November, linebacker James Yurichuk took the trophy to new heights. When it was the Brampton, Ont., native's turn to have the cup for a day, he took it via helicopter to the top of a B.C. mountain and had a friend film him victoriously raising the trophy above his head as the sun set behind him.

THE CANADIAN PRESS

Close call

The Grey Cup has had adventures abroad.

- On July 1, 2008, Mark DeNobile and former CFL players brought the cup to a Canadian Forces base in Kandahar, Afghanistan.
- While there, the base came under attack by the Taliban. DeNobile was on stage with the cup when missiles hit nearby.

Tears for Toronto.

PM cried when Argos lost 1971 Grey Cup

The Toronto Argonauts' stunning loss to the Calgary Stampeders in the 1971 Grey Cup prompted tears in front of the television from the boy who would eventually become Prime Minister Stephen Harper.

But he says he'll be siding with the westerners when the two teams meet again in Toronto on Sunday.

Harper was a 12-year-old growing up in Toronto when the two teams first clashed for the cup in Vancouver, with the Argonauts looking for their first Grey Cup in almost 20 years. The Argos were on the Calgary 11-yard-line with less than three minutes left to play when star running back Leon McQuay slipped on the rain-slicked turf and fumbled. Calgary recovered, couldn't make a first down and punted, but the Toronto receiver accidentally kicked the ball out of bounds, turning it over to the Stampeders to run out the clock.

The McQuay fumble defined the game and the 14-11 Stampeder victory and left young Harper crying.

Prime Minister Stephen Harper THE CANADIAN PRESS

Quoted

"We had been waiting for 20 years. I was growing up in Toronto. Obviously the Argonauts were my team." Prime Minister Stephen Harper

"I think that was the only time that I cried in front of the TV at a sports event," Harper said Monday as he answered questions at a Canada-U.S. business forum. THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
If what you are doing with your life is not to your liking then change it. The Sun's move into Sagittarius tomorrow will encourage you to head off in a completely new direction. What are you waiting for?

♉ Taurus
April 21 - May 21
Even if your money situation is dismal, things will improve dramatically over the next few days so don't despair. An improved outlook might help as well. There are more important things in life to worry about than cash.

♊ Gemini
May 22 - June 21
The Sun crosses the partnership angle of your chart tomorrow, making it essential that you get along with people on a one-to-one level. Think of everyone you meet as your friend — and you will benefit in remarkable ways.

♋ Cancer
June 22 - July 23
If there is anything strenuous that needs to be done, you should get it out of the way today because when the Sun moves into the wellbeing area of your chart tomorrow, you probably won't be up to it. Get going.

♌ Leo
July 24 - Aug. 23
By all means, be active but look ahead a few moves as well. It will spare you a lot of setbacks and maybe a few cuts and bruises too. And try to be patient with people who move more slowly than you.

♍ Virgo
Aug. 24 - Sept. 23
No matter how fit you may feel right now, the exertions of the past few weeks will catch up with you quite quickly. Plan a few quiet evenings in with loved ones. They will appreciate it — and so will you.

♎ Libra
Sept. 24 - Oct. 23
The cosmic picture is beginning to change and by the end of the week you will be getting out and about and meeting new people. Friendships and love affairs are under excellent stars — just don't get them mixed up!

♏ Scorpio
Oct. 24 - Nov. 22
You have done a lot in recent weeks and can feel proud of yourself, but over the next few days you will have to work even harder to safeguard your gains. The price of success is eternal vigilance.

♐ Sagittarius
Nov. 23 - Dec. 21
Clear out all that is old and worthless in your life so there is room for bigger and better things to come in. That applies to people as much as to possessions. Your own needs must come first now.

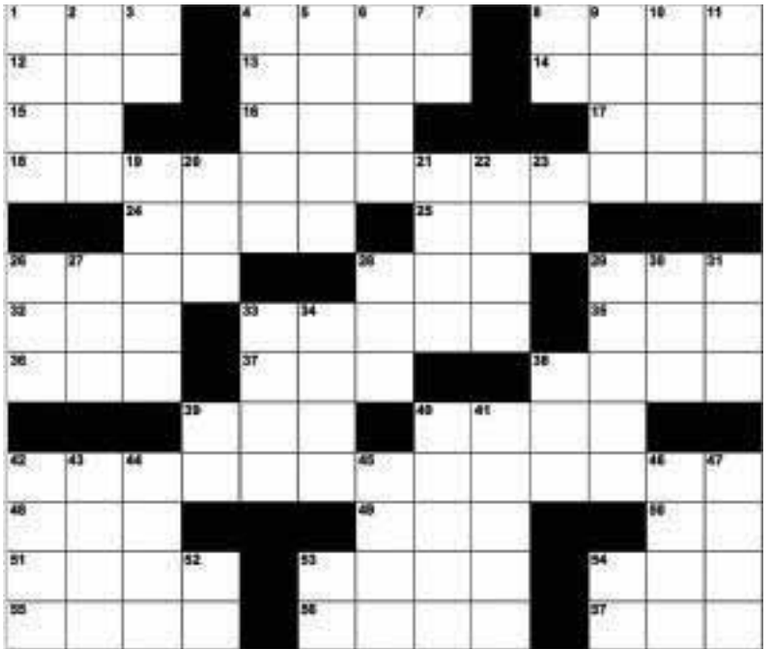
♑ Capricorn
Dec. 22 - Jan. 20
The next few weeks are going to be of the utmost importance. Think about what you want to be doing from the time of your next birthday for the following 12 months. How can you prepare the ground? Start now.

♒ Aquarius
Jan. 21 - Feb. 19
Positive thinking can take you only so far. At some point you have to move from thinking to doing. The Sun's change of signs tomorrow will show you new ways to get ahead. Hard work must come from you.

♓ Pisces
Feb. 20 - March 20
It is time to decide, once and for all, what your priorities are going to be. Don't listen to what other people tell you, listen only to your own inner voice. The choices you make now will have long-term consequences. **SALLY BROMPTON**

Crossword

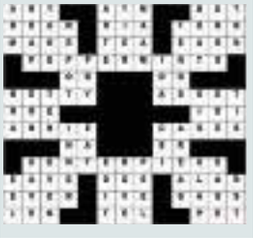
BY BETTY MARTIN



Across
1. Southern st.
4. Rig
8. — Network Canada
12. Light
13. British bus
14. Erected
15. Railway extension
16. "Con —"
17. Term of endearment
18. Drive in the country to see these (2 words)
24. Bratty children
25. Wager
26. Actress — Ward of Once and Again
28. Hawaii's Mauna —
29. Corner —
32. Before
33. Talk show host DeGeneres
35. Actors Norton and Murphy
36. Reply (abbr.)
37. Pilfer
38. Suit accompaniment
39. — the season
40. Nickel or dime
42. 1970's John Ritter sitcom (2 words)
48. Exclamation of surprise
49. Entourage role
50. Apiece (abbr.)
51. Angers
53. Proofreaders word
54. Aries sign
55. Skirt edge
56. — than Perfect
57. Vocalized pauses

Down
1. Type of market
2. To Sir, With Love singer
3. Tree chopping tool
4. Used on an envelope
5. Moran, and others
6. Copage of Julia
7. — a Big Girl Now
8. Radio dial
9. Waikiki island
10. Aroma
11. Lairs
19. Floor coverings
20. Thurman of Kill Bill
21. Woodwind instrument
22. "— on Me"
23. Bible pt.
26. Health resort
27. Eagle
28. Law degree (abbr.)
29. Actress Davis of Commander in Chief
30. Commercials
31. Fast jet, of old
33. A great lake
34. Defeat
38. Exclusive area of a nightclub
39. – Diem
40. Centres
41. Leave out
42. — Old House
43. Rodent
44. Perlman of Cheers
45. The Curious Case of Benjamin Button actress Blanchett
46. Close by
47. Sweet potatoes
52. Size before med.
53. She played Ellie Bartowski in Chuck (init.)
54. Concerning (abbr.)

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	9	3					5	
4					9		8	
5			2		3	6		
	4			7		5		1
7		1		5			9	
		9	4		8			7
	2		7					3
	6					8	4	

Yesterday's Sudoku

Sharability

easy — hard

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